go ahead. call in sick.

If you caught the flu, no work for you.

Prevent the flu—it's in your hands!

- Get a flu vaccine every year.
- Wash hands often with soap and water. If you don't have soap and water, use an alcohol-based hand sanitizer.
- Don't touch or shake hands with people who are sick.
- Clean and disinfect frequently touched surfaces.
- Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Stay home when you're sick, and keep your children home when they're sick.

You may have the flu if:

- In addition to coughing or sneezing, you're suffering from a fever, headache, chills or body aches.
- It came on suddenly.

The flu is most contagious early in the illness.

If you believe you're coming down with the flu, go home or stay home. Keep your hands clean, and coughs and sneezes covered. Consider seeing your health care provider.

www.ImmunizeFlorida.org

10-2015