Your flu shot is the first & most important step to fight the flu.

Don't touch or shake hands with people who are sick.
Don't touch your face with unwashed hands.

Wash your hands often with soap & water. Regular soap & water should be your first choice. Alcohol-based hand sanitizer your second choice.

Cough or sneeze into your upper sleeve or elbow, not your hands, if you don’t have a tissue.
Cover your mouth & nose when you cough or sneeze.

Pass the turkey not the flu! Get your flu vaccine if you haven’t earlier.

Clean & disinfect frequently touched surfaces.
Stay home when you’re sick & keep your children home when they’re sick.

Every year, vaccine before Halloween!