



Keep Vaccine Between You & Disease

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



FluFreeFlorida.com

Keep healthy habits between you & the flu.



Every year, vaccinate before Halloween!



Don't touch your face with unwashed hands.

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



Clean & disinfect frequently touched surfaces.



Stay home when you're sick & keep your children home when they're sick.



Wash your hands often with soap & water.

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



Cover your mouth & nose when you cough or sneeze.

Cough or sneeze into your upper sleeve or elbow, not your hands, if you don't have a tissue.



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

