

## INFLUENZA (“FLU”)

**Flu is a serious contagious disease. You have the power to protect yourself and your family this season with these three actions to fight flu.**

- Get a flu vaccine. Everyone 6 months of age and older should get a flu vaccine by the end of October, if possible. A yearly flu vaccine is the first and most important step in protecting against the flu. As long as flu viruses are circulating, it is not too late to get vaccinated!
- Take everyday actions to stop the spread of germs. Wash your hands often with soap and water, cover your nose and mouth with a tissue when you cough or sneeze, and wash your hands often with soap and water. If you become sick, limit your contact with others to keep from infecting them. Keep children home from school until fever free without medication for 24 hours.
- Take flu antiviral drugs if your doctor prescribes them. If you get the flu, medicine, called antiviral drugs, can be used to treat flu illness. Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.

For more information about seasonal influenza, go to <https://www.cdc.gov/flu/>



**KEEP  
CALM  
AND  
GET YOUR  
FLU SHOT**