



## Fight the Flu. Protect yourself and others.

**A FLU VACCINE** is the first and most important step in protecting against flu viruses.



• While there are many different flu viruses, the flu vaccine protects against the viruses that research indicates will be most common.

• Flu vaccines protect against three or four viruses; an H1N1, an H3N2, and one or two influenza B viruses, depending on the vaccine.

• Children younger than six months are at high-risk of serious flu illness, but are too young to be vaccinated. People who care for or live with them should be vaccinated to protect these babies.

• Vaccination of high-risk people (those with medical conditions like asthma, lung disease, cancer, etc.) is especially important to decrease their risk of severe flu illness. Vaccination is also important for healthcare workers and caregivers to keep from spreading the flu to these at-risk individuals.

• Everyone six months of age and older should get vaccinated against the flu each year.



**TAKE EVERYDAY ACTIONS** to help prevent the spread of germs that cause respiratory illnesses.

• Try to avoid close contact with sick people.

• Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

• If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine.

• While sick, limit contact with others as much as possible to keep from infecting them.

• Avoid touching your eyes, nose and mouth. Germs spread this way.

• Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

• Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.



*Information gathered from the CDC.*

