

Protect yourself and the ones you love.


**Get
vaccinated**

Influenza or “flu” can cause serious illness. Vaccination is the best way to protect yourself and your family.



**Cover your
cough or sneeze**

Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze. Toss your used tissue in the waste basket and wash your hands.



Fight the Flu

**It starts
with you**



**Wash your
hands**

Wash your hands often with soap and water or use an alcohol-based hand cleaner.



**Avoid touching
your eyes, nose,
and mouth**

If you touch surfaces with the flu virus, you can get the flu by touching your eyes, nose, or mouth.



**Stay home if
you are sick**

Flu viruses go wherever you go when you are infected. Stay at home and check with your healthcare provider when needed.

GET MORE INFORMATION AT WWW.IMMUNIZEFLORIDA.ORG OR EMAIL IMMUNIZATION@FLHEALTH.GOV



Fight the Flu
Part of a Healthy Lifestyle.

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