

# Helping *You* Fight the *Flu*

## Prevention

Following are some simple steps you can take to keep yourself and your family healthy this flu season.

### Get your flu shot.

According to the CDC, flu vaccine is safe and effective and is the single best way to help protect yourself and your family from the flu each year.



### Wash your hands.

Frequent hand washing keeps lots of germs out of our bodies, including the flu virus. If soap and water are not available, use a hand sanitizer.

### Stay home if you don't feel well.

If you are sick, keep the germs from spreading by staying home. Do not visit someone in the hospital if you are sick. Do not take children to visit anyone in hospital.



### Cover coughs and sneezes.

Use a tissue if one is handy and throw it in the trash after you use it. If a tissue is not handy, cough or sneeze into your elbow or sleeve, not your hands.

### Avoid touching your eyes, nose or mouth.

Germs spread this way.

### Clean and disinfect surfaces or objects.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is sick.

For more information on flu and to find out where you can get the flu vaccine in your community, visit

[www.flu.nc.gov](http://www.flu.nc.gov)

