

DO YOU *KNOW* the Flu?

Here are three steps to take to stay healthy this flu season . . .



The Flu is NO Fun

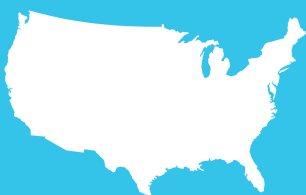
Know the Facts



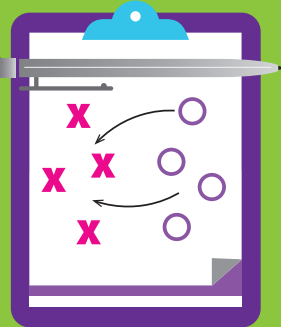
Flu is a **highly-contagious disease** that easily spreads via droplets created when someone coughs, sneezes, or talks.



Children are **most likely** to get and spread the flu.



Most children who die from the flu had not received their annual flu vaccine.



Have a Flu Vaccination Game Plan



Annual flu vaccination for **everyone 6 months of age and older** is the best way to protect against the flu.



Make flu prevention a priority. **HERE'S HOW:**

#1 Get an annual flu vaccine

#2 If you have flu symptoms, get tested and take antivirals if prescribed.



Practice Healthy Habits, too



In addition to an annual flu vaccination, it's also important to:

- Wash hands often
- Stay home if you don't feel well
- If you suspect you have the flu, get a flu test
- Take antivirals if prescribed to reduce the spread of flu
- Clean and disinfect surfaces at home, work, or school, especially when someone is sick



Getting your annual flu vaccination and practicing healthy habits protects you **AND** everyone around you, too!

Remember: It's Not 'JUST' the Flu – It's a Serious, but Preventable, Disease!

For more information visit: www.familiesfightingflu.org

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