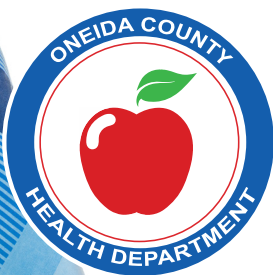


PREVENT THE FLU!



DID YOU KNOW?

- It is important to get vaccinated every year!
- The **FLU** is caused by a virus.
- Most everyone 6 months & older should get a yearly **FLU** shot.
- The **FLU** virus is transmitted through the air when someone coughs or sneezes.
- The **FLU** can also be transmitted by an object that has the virus on it and then touching your eyes, nose, or mouth.
- Wash your hands regularly!

IF YOU HAVE THE FLU...

- Stay home. You can get other people sick.
- You can spread the flu up to 7 days after becoming sick.
- Children can pass it even longer than 7 days.
- Call your doctor promptly. Your doctor may prescribe antiviral drugs that can lessen symptoms and shorten the time you are sick.
- Do not sneeze or cough into the air!
- Do not sneeze or cough into your hands! Sneeze or cough into your upper sleeve or a tissue.
- Wash surfaces in your home to remove the flu germs.



Learn more tips on
how to prevent the flu at
OCGov.net/health

