Protect Your Friends From The Flu

GET THE FLU VACCINE
Sneeze and cough into your elbow or a tissue
Keep your hands out of your eyes, mouth, and nose

Take your best shot
People can be contagious before their flu symptoms appear and 5-7 days after.
The flu vaccine offers the best protection against the influenza virus.
It takes about 2 weeks for the vaccine to work fully.
Get yours now.

How to wash your hands
• Use warm water (not cold or hot) to wet hands
• Apply soap
• Wash both sides of your hands
• Wash your wrists
• Wash between your fingers
• Wash around your nails (germs like to hide there!)
• Sing the "Happy Birthday" song two times while washing
• Rinse hands and dry well with a clean towel
• Remind your friends to wash their hands

WASH YOUR HANDS OFTEN
■ After blowing your nose
■ Before eating
■ After coughing
■ After sneezing