

Faith & Communities **FIGHT FLU**

THE FLU ENDS WITH 

You play an important role in keeping your family,
your community, and yourself healthy!

5 Things you can do to Fight Flu:

1. The Centers for Disease Control (CDC) recommends that **every person 6 months and older receive an annual flu vaccine**. Check with your local health department or visit www.flu.gov to find out where and when you and your family can be vaccinated.
2. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
3. Wash your hands often with soap and warm water, especially after you cough or sneeze. You can also use an alcohol-based hand cleaner.
4. If you or your family members have flu-like symptoms, stay home from work or school. Symptoms of the flu may include fever, coughing, sore throat, runny or stuffy nose, headaches, body aches, chills and fatigue. Not everyone with the flu will have a fever.
5. Diabetes, asthma, heart disease are among the most common long-term health conditions that place people at high risk for serious flu complications. If you or a family member has a long-term health condition, be sure to get the flu vaccine.

Protect your family and yourself by getting the flu vaccine.