

Ready for Flu Season?

FIGHT THE FLU WITH PREVENTION



- **Wash your hands** often and thoroughly with soap and warm water or use alcohol-based hand cleaners.
- **Get the flu vaccine** as soon as it is available in your area.
- **Avoid touching** your eyes, nose, or mouth.
- **Avoid or minimize contact with people who are ill.**
- **Cover your nose and mouth** with a tissue or the crook of your arm.
- **Stay home**, if possible, **when you are sick.** Active duty should follow Command policy when "calling in sick."

For more information, visit www.Ready.Navy.mil

WE ARE. ARE YOU?

