



**Don't Have Time  
for the Flu**



**Take Time  
to Prevent it**



Coughs or sneezes spread flu virus into the air, and then onto surfaces. You can take measures so you don't spread the virus to others, or so others don't spread it to you.

## How to Avoid Catching the Flu

**C**over your mouth and nose every time you cough or sneeze. Use your arm (not your hands).  
**O**bserve regular cleaning habits if someone at home has the flu. Pay special attention to door knobs, faucets, refrigerator handles, and phones.

**V**accinate. Check with your doctor if you are high-risk.  
**& E**very time you use a tissue, throw it in the trash, and then wash your hands.  
**R**emember not to share anything that goes into the mouth.

**W**ash your hands often and well. Use soap & water for at least 15 seconds.  
**A**void contact with sick people.

**S**tay home when you are sick.

**H**ave alcohol hand sanitizer on hand if you don't have access to soap & water.