

Don't let the Flu catch you!

Prior to Flu season:

- Get your flu shot.
- Stock up on supplies.
- Visit health department Web sites for the latest information.

During Flu season:

- Cover your mouth and nose when you sneeze.
- Clean your hands using soap and water. Rub your hands together for about 15 seconds or for as long it takes you to sing the ABC or Happy Birthday song.
- Stay home if you are sick.



After Flu season:

- Practice healthy habits.
- Avoid touching your nose, mouth or eyes.
- Clean your hands using soap and water. Rub your hands together for about 15 seconds or for as long as it takes you to sing the ABC or Happy Birthday song.

