

Protect Yourself and Others from the Cold and Flu

Are you ready for flu season? The flu is more serious than the common cold.

- **Get your flu shot**

A flu shot is the most powerful protection against the flu. It's safe and effective, and this year's shot targets this year's viruses.

- **Avoid touching your face**

It's true: Your eyes, nose, and mouth are the easiest ways for the flu to enter your body. So if you don't touch your face, you make it more difficult for the flu virus to infect you.

- **Sneeze and cough into your elbow**

Pretend you're a caped superhero or your favorite TV vampire and let your elbow block the thousands of flu germs that you may be releasing into the air.

- **Wash your hands**

Washing your hands can prevent you from spreading nasty flu germs or picking them up. If you take the time to reach for soap and water, you can save yourself from getting sick.

- **Stay home if you're sick**

Work or school may be calling. But if you're sick, the best thing you can do is stay home in bed. The more you're around other people, the greater the risk you have of infecting others with the flu.

5 Ways to Fight the Flu

