

TAKE 3 ACTIONS
TO FIGHT THE FLU

FIGHT FLU



INFLUENZA

Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.



GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

Everyone 6 months or older should get an annual flu vaccine. Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

TAKE EVERYDAY PREVENTIVE ACTIONS TO
HELP STOP THE SPREAD OF FLU VIRUSES!

STOP THE SPREAD

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water).



TAKE ANTIVIRAL DRUGS IF YOUR
DOCTOR PRESCRIBES THEM!

FLU ANTIVIRALS

Antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick.



#FIGHT FLU

www.cdc.gov/flu

