



Protect yourself against the Flu

Get your Flu Vaccine

Date

Time

Location

Contact

CDC recommends a yearly flu vaccine as the first and most important step in protecting against the flu.

ADDITIONAL TIPS TO HELP AVOID THE FLU:

- **WASH** hands frequently
- **COVER** your mouth and nose when you sneeze
- **AVOID** touching your eyes, nose, and mouth
- **ROUTINELY CLEAN** frequently touched objects like doorknobs, phones, and keyboards

More information is available at www.cdc.gov/flu