



**DON'T HAVE TIME FOR THE FLU...**

## **Take time to PREVENT the FLU!**

Coughs or sneezes spread flu virus into the air, and then onto surfaces.

Here are some “TIPS” so you don’t spread the virus to others...or they don’t spread it to you!

**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...clean knobs and handles regularly!

**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.

**AND**

**W**ash your hands often and well. Use soap & water for at least 20 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.



**Pharmaceutical Strategies Group**

*This flyer was designed using information from the Centers for Disease Control and the Chronic Conditions Info Net.*