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STOP THE SPREAD

# FLU



**WASH YOUR HANDS  
FREQUENTLY**

Use soap and water, or use an alcohol-based hand sanitizer. Avoid touching your face with your hands.



**COVER YOUR MOUTH**

When you cough or sneeze cover your mouth and nose with a tissue, or use the inside of your arm.



**STAY AT HOME**

If you have fever and cough stay home until at least 24 hours after fever is gone (without the use of fever-reducing medicine).



**GET YOUR FLU VACCINES**

For best protection against flu you need two vaccines: **seasonal** and **H1N1**.



call **2-1-1** for more information, or visit [www.sdcountry.ca.gov](http://www.sdcountry.ca.gov)