There are things you can do to protect yourself and others from the flu

- Wash your hands often, especially after sneezing or coughing. Use soap and warm water or alcohol-based hand sanitizer.

- Avoid touching your eyes, nose or mouth.

- Avoid close contact with people who are sick.

- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing. Put your tissue in the trashcan.

- Stay home when you are sick.

- Wear a mask when you are sick and coughing.

→ Immunization is the best prevention! ←