

3 ACTIONS TO FIGHT THE FLU:

FACT: Influenza (flu) is a contagious disease that can be serious. Take the following actions to protect yourself and others from the flu.



1 Get Vaccinated:



People 65 years and older are at high risk of serious flu complications.

A yearly flu vaccine is the best way to protect against the flu.

2 Stop the Spread:



Take everyday preventative actions to help stop the spread of flu viruses

by washing hands, avoid touching face, cover coughs and sneezes, avoid contact with sick people.

3 Ask your doctor about flu antivirals:



If you get sick, take antiviral medications prescribed by your doctor to treat flu

illness, minimize symptoms, and shorten the time you are sick.

