The Flu is NO Fun

Know the Facts

Flu is a highly-contagious disease that easily spreads via droplets created when someone coughs, sneezes, or talks.

Children are most likely to get and spread the flu.

Most children who die from the flu had not received their annual flu vaccine.

Have a Flu Vaccination Game Plan

Annual flu vaccination for everyone 6 months of age and older is the best way to protect against the flu.

Make flu prevention a priority. HERE’S HOW:

#1 Get an annual flu vaccine

#2 If you have flu symptoms, get tested and take antivirals if prescribed.

Practice Healthy Habits, too

In addition to an annual flu vaccination, it’s also important to:

- Wash hands often
- Stay home if you don’t feel well
- If you suspect you have the flu, get a flu test
- Take antivirals if prescribed to reduce the spread of flu
- Clean and disinfect surfaces at home, work, or school, especially when someone is sick

Getting your annual flu vaccination and practicing healthy habits protects you AND everyone around you, too!

Remember: It’s Not ‘JUST’ the Flu – It’s a Serious, but Preventable, Disease!

For more information visit: www.familiesfightingflu.org

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