



Fight the Flu.

Get Vaccinated.



Together, Let's Fight the Flu.

Take actions every day to help stop the spread of germs. An annual seasonal flu vaccine is the best way to help protect you against the flu. To learn more, visit [cdc.gov](https://www.cdc.gov).



Get Your Flu Shot. Every Year.

When you get a flu shot, you are not just protecting yourself, you're protecting your family, friends, and co-workers. You can't get flu from a flu shot, but it does take two weeks for the vaccine to reach to its full strength.



Wash Your Hands for 20 Seconds.

It is important to practice good health habits like washing your hands often. If soap and water are not available, use an alcohol based hand sanitizer.



Stop the Spread.

Cover your nose and mouth with a tissue when coughing or sneezing to help to prevent the spread of germs.