

HOW can I protect myself from the flu?

- ✓ get vaccinated (flu shot or nasal spray) each year in fall or winter
- ✓ avoid people who are sick
- ✓ clean hands often
- ✓ keep hands away from face
- ✓ cover coughs and sneezes

THE BEST WAY TO STOP THE FLU IS TO GET A FLU SHOT EACH YEAR.

GET YOUR FLU SHOT HERE:



www.prevention.va.gov/flu

VA



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