

HOW does the flu spread?

✓ **When a person with the flu sneezes, coughs, talks, or laughs,** the flu virus can spread into the air as droplets from their mouth or nose. These droplets can spread to people and surfaces within 3 to 6 feet.

✓ **The flu virus can spread to your hands if you touch anything that has the virus on it.** If you then touch your eyes, nose, or mouth, you can get the flu.

A FLU SHOT IS THE BEST WAY TO PROTECT YOURSELF AGAINST THE FLU.

GET YOUR FLU SHOT HERE:



www.prevention.va.gov/flu/

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