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