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/