

Friends Don't Give Friends the Flu

Tips for keeping the flu from spreading



Get vaccinated. The flu vaccine is the single best way to protect yourself and others from the flu.



Cover it. When you cough or sneeze, make sure it's into a tissue or your sleeve.



Wash up. Wash your hands often, using plenty of soap and warm water. Or use alcohol-based hand sanitizers.



Stay home. If you are sick or have a fever, the best thing you can do for yourself and others is to stay home. Get plenty of rest, drink a lot of fluids and use medicine to lower your fever as needed.*

*Never give aspirin to anyone under the age of 20 as it's linked to a life-threatening illness called Reye's syndrome.

For more information on preventing the flu, go to www.ct.gov/ctfluwatch.



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Keep it to yourself

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