

# Don't get it. Don't spread it.

3 steps to keep from spreading the flu to your family, patients and your co-workers.



## 1. GET VACCINATED

The single best way to protect yourself and others from the flu.



## 2. KEEP GERMS FROM SPREADING

- Wash your hands often with soap and water.
- Cover your cough and sneeze.



## 3. KEEP IT TO YOURSELF

If you're sick, stay home, especially if you have a fever, sore throat and/or cough.

For more information on preventing the flu, go to [www.ct.gov/ctfluwatch](http://www.ct.gov/ctfluwatch).



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FLU IQ

# Don't bring work home with you.

3 steps to keep from spreading the flu to your family, patients and your co-workers.



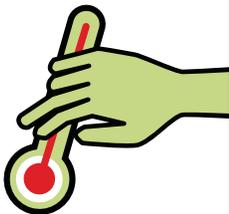
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