TAKE 3 STEPS TO #FIGHTFLU

1. GETVACCINATED AGAINST FLU EACH YEAR
   An annual flu vaccine is recommended for everyone 6 months and older

   A flu vaccine can help reduce:
   - Flu illness
   - Missed work, school, or other activities/events
   - Hospitalizations and death

2. PRACTICE HEALTHY HABITS
   - Wash your hands often with soap and water or use alcohol-based hand sanitizer
   - Cover your coughs and sneezes
   - Stay home if you are sick and try to avoid contact with sick people

3. TAKE FLU ANTIVIRAL DRUGS IF PRESCRIBED
   - If you do get the flu, call a healthcare professional as soon as possible, as flu antivirals may be prescribed to treat your illness
   - Antiviral drugs can make illness milder, shorten the time you are sick, and may also prevent serious flu-related complications

TO LEARN MORE, VISIT WWW.NFID.ORG/FLU