FLU IS NOT FASHIONABLE

TAKE 3 KEY STEPS TO #FIGHTFLU!

1. GET AN ANNUAL INFLUENZA (FLU) VACCINE
   Recommended for everyone age 6 months and older

2. PRACTICE HEALTHY HABITS
   Cover your coughs and sneezes, wash your hands, and stay home if you are sick

3. TAKE FLU ANTIVIRAL DRUGS IF PRESCRIBED
   Antivirals can make illness milder and shorten the time you are sick

FOR MORE INFORMATION, VISIT WWW.NFID.ORG