

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



National
Foundation for
Infectious
Diseases



TO:
