

Care,
don't share
the flu.



When most people think of influenza, or “the flu,” they think of headaches, body aches and lack of energy. However, the virus is highly contagious and can be dangerous, even life-threatening. In fact, there were an estimated 80,000 flu-related deaths during the 2017–18 flu season — the highest number in more than 30 years.

Avoid the flu blues.

Here are three tips
to shield yourself —
and others — during
the flu season.



Protect yourself

Get vaccinated! The flu shot can reduce your chances of getting the flu by 40-60 percent. So, while there's no guarantee that you won't get the flu, the best way to protect yourself, your family and those around you is to get the flu shot and encourage others to do the same.



Stay clean and clear

Wash your hands frequently, cover your mouth when you cough or sneeze, and stay home if you're sick. Also, flu germs can live up to eight hours on hard surfaces, so keep shared items like doorknobs, counters and toys as clean as possible.



Practice healthy habits

Keep your immune system at its best by eating plenty of nutritious food, getting at least 7½ hours of sleep at night, exercising for 30 minutes at least three times per week and keeping your stress in check.

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