

## Steps to Flu Prevention.... Don't be a Victim this Flu Season

The Center of Disease Control recommends the following steps to protect yourself against the flu.

### Step #1 Take the time to get vaccinated.

- In the United States between 5% and 20% of the population gets the flu each flu season... **Don't be a statistic!** Getting the flu vaccine is the first and most important step you can take in protecting yourself from the flu.

### Step #2 Take everyday preventative actions to stop the spread of germs

- Cover your nose and mouth with a tissue when you cough or sneeze, and limit social handshaking.
- Wash your hands often with soap and water. If soap and water are not available use hand sanitizing products to protect yourself from germs and viruses.

### Step #3 Take antiviral drugs if your doctor prescribes them

- Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.
- If you get the flu, antiviral drugs can treat your illness.