



STOP THE FLU

Understand and stop the spread of H1N1 flu and the seasonal flu



GET VACCINATED

Get vaccinated. You need two different vaccines to be protected from the flu this year: One to protect against H1N1 flu and another to prevent the seasonal flu.



COVER YOUR COUGH

Cover your mouth and nose when you cough or sneeze. Use a tissue, sleeve or the inside of your arm to cover your mouth and nose.



WASH YOUR HANDS

Wash your hands often with soap and water. Alcohol-based hand sanitizers can also be effective.



STAY AT HOME WHEN YOU'RE SICK

Stay at home for 24 hours after your fever is gone without the use of fever-reducing medicines.

Avoid spreading germs. People can get sick when touching a surface or object with flu viruses on it and then touching their eyes, nose or mouth.



For more information, visit www.cdph.ca.gov or call the flu hotline at [1-888-865-0564](tel:1-888-865-0564).

