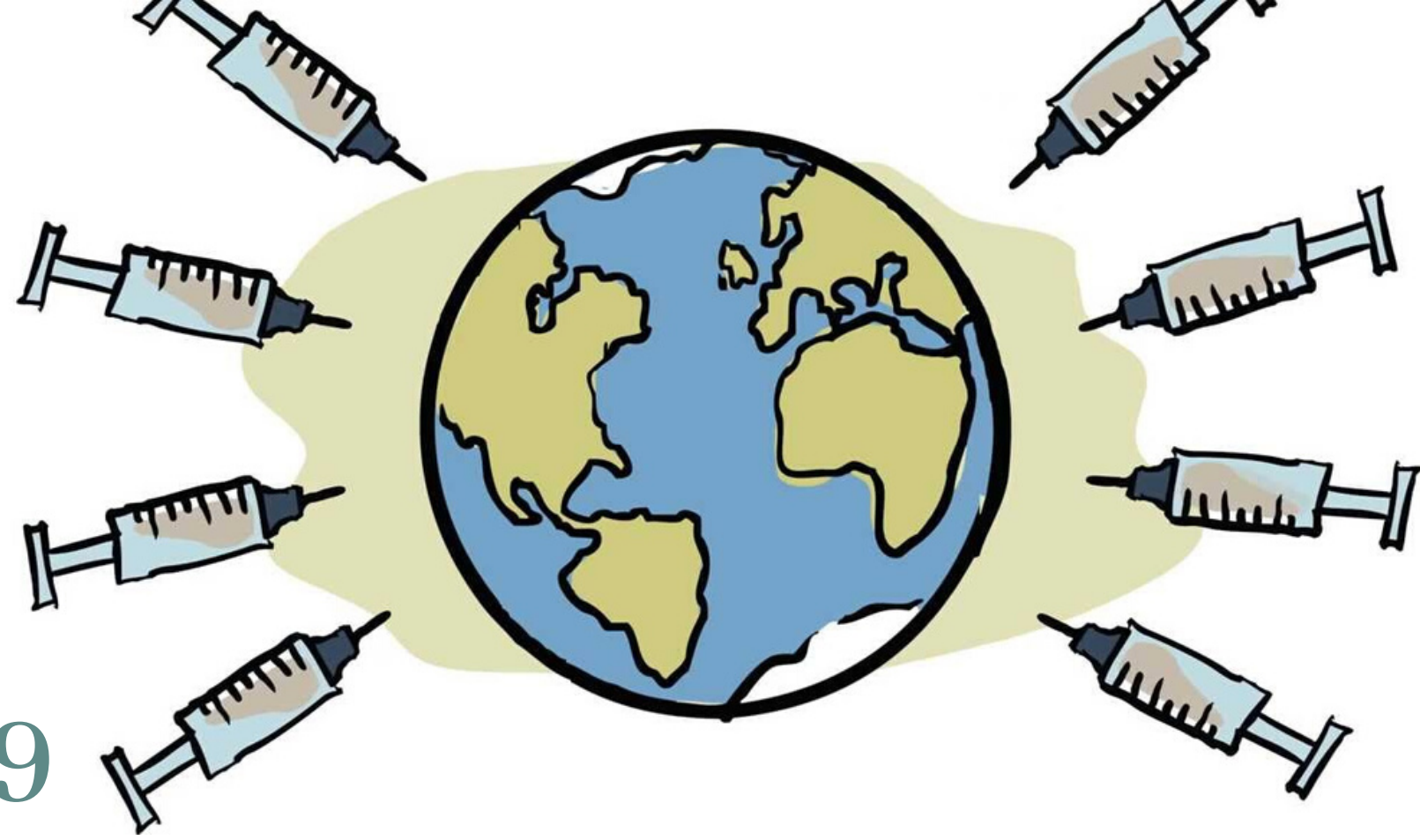


NATIONAL INFLUENZA VACCINE WEEK

DECEMBER 1ST- 7TH, 2019



7 PREVENTIVE ACTIONS

to **STOP** the
spread of germs.



1

Try to **avoid close contact** with sick people.

2

While sick, **limit contact with others** as much as possible to keep from infecting them.

3

If you are sick with flu-like illness, **CDC recommends that you stay home for at least 24 hours after your fever is gone** except to get medical care or for other necessities.



4

Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.



5

Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.



6

Avoid touching your eyes, nose and mouth. Germs spread this way.



7

Clean and disinfect surfaces and objects that may be contaminated with germs like flu.



HOW DOES A FLU VACCINE WORK?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

WHO SHOULD BE VACCINATED THIS SEASON?

Everyone 6 months of age and older should get a flu vaccine every season. Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications from influenza.

WHEN SHOULD I GET VACCINATED?

CDC recommends that people get a flu vaccine by the end of October. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout the flu season, even into January or later.

Get vaccinated at your local
pharmacy or physicians office.