

FluFacts

What you need to know

Simple steps you can take to stay healthy and avoid the flu and other viruses:



Get a **seasonal flu shot**.



Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.



Wash your hands often with soap and warm water, or use an alcohol-based hand gel.



Stay home if you are sick.

For more information, please visit:

www.mass.gov/flu



Massachusetts Department of Public Health