



WASH YOUR HANDS often.

Wash your hands with soap and warm water to help avoid spreading germs or getting the flu.

COVER YOUR MOUTH when you cough or sneeze.

If you use a tissue, throw it away after you use it and wash your hands. If you don't have a tissue, cough or sneeze into your elbow.



If you **HAVE THE FLU**, it is best to **STAY HOME AND GET WELL.**

That helps stop the spread of flu to others.

Get the FLU VACCINE to protect yourself, your family and your friends!

Getting a flu vaccine every year is the best way to help prevent getting the flu.



www.scdhec.gov/flu
1.800.277.4687

protect *yourself.*
protect *your family.*

prevent the flu.