

# Prevent the Spread of Flu

## Cover Coughs & Sneezes

- ❖ Use tissues; cough or sneeze into sleeve



#FighttheFluNJ

## Wash Your Hands



## Stay Home if You're Sick



## Get a Flu Shot!

- ❖ If 6 months or older
- ❖ Flu season can last until May



[nj.gov/health/fighttheflunj](http://nj.gov/health/fighttheflunj)

