HOW can I protect myself from the flu?

- get vaccinated (flu shot or nasal spray) each year in fall or winter
- avoid people who are sick
- clean hands often
- keep hands away from face
- cover coughs and sneezes

THE BEST WAY TO STOP THE FLU IS TO GET A FLU SHOT EACH YEAR.

GET YOUR FLU SHOT HERE:

www.publichealth.va.gov/InfectionDontPassItOn