



### Get seasonal and H1N1 vaccinations

Vaccinations are the best way to protect yourself and your family against the influenza virus.



### Cover your cough or sneeze

Cough or sneeze into your sleeve or use a tissue. Toss your used tissue into the waste basket and wash your hands.

# Fight the FLU

It starts with you



### Wash your hands

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



### Avoid touching your face

If you touch surfaces with the flu virus, you can get the flu by touching your eyes, nose, or mouth.



### Stay home if you are sick

Flu viruses go wherever you go when you are infected. Stay at home and check with your health-care provider when needed.

1-888-9PANFLU • [www.flu.alaska.gov](http://www.flu.alaska.gov)

