

FLU PREVENTION TIPS

Getting the flu vaccine every year is the **best way to protect yourself** and the ones you love from the flu.

The most common symptoms of the flu include, fever, cough, runny nose, body aches, headache, chills and fatigue. These symptoms typically begin two days after exposure to the virus and most last less than a week.



HELP PREVENT THE SPREAD OF GERMS

1. Avoid close contact with people who are sick.
2. Stay home when sick.
3. Cover your mouth and nose when coughing or sneezing.
4. Wash your hands often with soap and water. Or use alcohol-based hand cleaner.
5. Try not to touch your face, eyes, nose or mouth.
6. Clean and disinfect frequently touched surfaces.



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