

FIGHT THE FLU!



Wash your hands frequently with soap and water. Rub hands together for at least 20 seconds.



Use anti-bacterial hand sanitizers if soap and water are not available. Rub for 20 seconds until hands are dry.



Stay home if you are sick. Do not take children to daycare/school if they have a fever.



Avoid touching your eyes, nose and mouth.



Cover your cough or sneeze with a tissue or the crook of your arm.



Discard tissues and wash your hands after coughing or sneezing.



Sanitize common surfaces like doorknobs, keyboards, faucets, telephones and shopping cart handles.



Get your annual flu shot when it becomes available to you.



You might consider wearing a facemask if you are sick with the flu and might be within 6 feet of other people or you live with someone who has flu symptoms.

Protect yourself from Influenza!



Jefferson County Public Health
303-232-6301
www.jeffco.us/health
Colorado HELP Line - 1-877-462-2911