

# 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

[jeffco.us/public-health](http://jeffco.us/public-health)

Colorado HELP Line - 1-877-462-2911