

Fight the Flu

1. Get Vaccinated.

Protect you and your family by getting the flu vaccine for all members of the family who can receive it.

2. Sing & Scrub.

Make sure kids wash their hands the right way—Frequently with warm water and soap for at least 20 seconds—Sing “Happy Birthday” twice.

3. Do the Elbow Cough.

Teach kids to cough into elbows, not hands—where They’re more likely to spread bacteria and viruses through touch.

4. Disinfect HOT SPOTS.

HOT SPOTS are high-touch surfaces in your home where germs live and can spread easily to others. Don’t forget to disinfect these areas regularly:

Phones
Door Knobs
Remote Control

Light Switches
Refrigerator Handles
Computer Key Boards

Flu Prevention Project

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