

FEMA REGION II FLU PREPAREDNESS TIP

- **Take time to get a flu vaccine every year.**
- **Use injectable vaccines during 2017-2018 and avoid the nasal spray.**
- **Wash your hands often or use an alcohol-based hand rub.**
- **Avoid close contact with sick people.**
- **Avoid touching your eyes, nose, and mouth.**
- **Clean and disinfect objects that could carry germs.**
- **While sick, stay home for at least 24 hours after the fever is gone.**

<https://www.cdc.gov/flu/consumer/prevention.htm>