FluFacts

What You Need To Know

Simple steps you can take to stay healthy

and avoid the flu and other viruses:

Get a seasonal flu shot.

Cover your mouth when you

cough or sneeze. Use a tissue or

your inner elbow, not your hands.

Wash your hands often with

soap and warm water, or use an

alcohol-based hand gel.

Stay home if you are sick.

For more information, please visit:

[www.mass.gov/flu](http://www.mass.gov/flu)

Massachusetts Department of Public Health