

health tips:

# Know what to do about the

# flu



- **Cover your cough** or sneeze every time with a tissue or your sleeve.
- **Wash your hands** often and well with soap and water or use hand sanitizer.
- **Stay home** if you're sick, for at least 24 hours after fever is gone. Plan ahead for staying home.

**And get your flu shot — together we can help keep illness from spreading!**

To learn more, go to [flu.gov](http://flu.gov), [healthvermont.gov](http://healthvermont.gov) or dial 2-1-1

 VERMONT  
DEPARTMENT OF HEALTH