

teachers \* parents \* kids:

# 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.

**Everyone 6 months and older — get vaccinated!  
Let's 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