

The best way to
**protect against
the flu** is to get vaccinated
each year.

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➤ **While a flu virus strain that is different from what is in the vaccine may emerge during the season, vaccination can still provide protection and may lessen the severity of your illness if you do get the flu.**

Get your flu vaccine *now*.

You can help slow the spread of germs that can cause many different illnesses.

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash your hands often. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, or mouth.
- Clean and disinfect frequently touched surfaces at home, work, or school.
- Consider wearing a high quality, well-fitting face mask.

➤ **For more information, contact your installation's Department of Public Health.**

(Place local contact information here)