Feeling Yucky? Sneezing? Coughing? Fever?

Keep your germs away from others.

Help prevent the spread of flu and other contagious diseases.

- Get a flu shot
- Wash your hands with soap and water frequently
- Avoid close contact with people who are ill
- Stay home when you are ill
- Eat healthy foods and get plenty of rest
- Clean and disinfect frequently touched surfaces

Protect yourself! Get your flu shot every year.

- Even healthy people can get seriously ill from the flu and can spread it to others.

Sedgwick County Health Department
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