

# FIGHT THE FLU



► **Wash** your hands often with soap and water for at least 15 seconds or use alcohol-based hand sanitizing rubs or gels



► **Cover** your mouth and nose with your sleeve or a tissue when you sneeze



► **Vaccinate** — get the seasonal flu shot as soon as it's available to you



► **Visit [healthpartners.com/flu](http://healthpartners.com/flu)** for more information or call



► **Rest** — if you do get sick, stay at home until at least 24 hours after your fever is gone (without the use of Tylenol®)