

BE PREPARED FOR THE FLU! More than 90 percent of seasonal flu-related deaths occur in those 65 and older!

Take 3 Steps To



- 1) Get Your Flu Shot:** By getting the flu shot, which includes H1N1, you can stop yourself from getting sick and spreading the disease to others.
- 2) Take Everyday Preventive Actions:** Wash your hands often, cover your nose and mouth with a tissue when you cough or sneeze, avoid touching your eyes, nose and mouth, and avoid close contact with sick people. *If you are sick, STAY HOME!*
- 3) Listen For Official Guidance From Public Health:** The situation regarding influenza can change rapidly. Keep an eye out for new guidance regarding vaccination, prevention, treatment and other steps.

Learn more at: www.FightTheFlu.LA.gov