FIGHT THE FLU

THERE ARE 5 EASY STEPS YOU CAN TAKE TO STAY HEALTHY!

1. Wash your hands with soap and water as often as you can.
2. Try not to touch your eyes, nose or mouth.
3. Try not to go near people who are sick.
4. If you don’t feel well, tell your parents right away.
5. If you do become sick, stay home until you feel better.

Talk to your parents about getting a flu shot.
Chicagoflushots.org