

SAY BOOO TO THE FLU™



Act now and treat your family to a healthier flu season

Get Vaccinated Now!

The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older should get a flu vaccine as soon as vaccine is available this fall. Get your family vaccinated in October and November, before flu activity peaks. If you do not get vaccinated early, you can still get vaccinated late in the season, in December, January and beyond.

Once your child is vaccinated, use these tricks to make the flu virus too scared to hang around your house this flu season!

- 1 **Sing & Scrub:** Make sure kids wash their hands the right way. They should wash frequently with warm water and soap for at least 20 seconds (the time it takes to sing the "Happy Birthday" song twice).
- 2 **Do the Elbow Cough:** Teach kids to cough into elbows, not hands, where they are more likely to spread bacteria and viruses through touch.
- 3 **Disinfect Hot Spots:** Kids can touch up to 300 surfaces in 30 minutes, so be sure to disinfect the surfaces kids touch most frequently — like doorknobs, light switches, faucets or toys. Use a disinfectant approved to kill cold and flu viruses.
- 4 **Follow Good Health Guidelines:** Eat right, exercise and get plenty of sleep to help boost your body's ability to fight the effects of colds and the flu.

Visit www.SayBooToTheFlu.com for more information.

