

# In the game of life, don't let flu sideline you!

**STAY** IN THE  
**GAME**™

School, work, sports – no matter what your game is – it's important to stay healthy so you can keep doing the things you love!

Influenza (flu) can be serious and life-threatening, even for healthy individuals. So it's important to know how to protect yourself and your family from flu. When it comes to flu, here's three simple ways you can Stay in the Game™!

1

## Get your annual flu vaccination!

The Centers for Disease Control and Prevention (CDC) recommends annual flu vaccination for everyone six months and older. Getting an annual flu vaccine not only helps protect you, but also helps protect everyone around you!



Annual flu vaccination is the best tool we have to help protect us from flu, but less than 50% of the U.S. population gets an annual flu vaccine.



Flu viruses spread by droplets in the air when someone sneezes, coughs, or talks – reaching up to 6 feet away! Flu viruses can live on hard surfaces for up to 48 hours.

2

## Practice healthy habits!

Good hygiene, especially during flu season, is super important! That means washing your hands frequently, doing the elbow cough, staying home if you're sick to avoid exposing others, and disinfecting surfaces at home, work, and school.



3

## Use anti-viral medications if prescribed by your doctor!

Flu can strike quickly. If you fall ill, seek medical attention. There are anti-viral medications that can help alleviate your symptoms and the duration of your illness, and may reduce the risk of flu-related complications.



Anti-viral medications are most effective if taken within 48 hours of the onset of illness.

Flu prevention is a team sport!

To learn more, visit [www.familiesfightingflu.org](http://www.familiesfightingflu.org).



**FAMILIES**  
**FIGHTING FLU**™