Steps you can take to prevent the flu:

- Get the flu vaccine
- Stay home when you are sick
- Always cover your mouth and nose
- Wash your hands
- Avoid touching your eyes, nose, mouth
- Be healthy

Top 3 reasons to get your flu vaccine:

1. Prevents the flu
2. Prevents other sickness
3. Protects other people

For more information about flu prevention, please contact your healthcare provider or go to www.cdc.gov/flu

These materials were developed by The Arc of NJ and The Arc of the US for the HealthMeet Project through a cooperative agreement made possible in part by Grant No. U1HMC26371 from the US Department of Health and Human Services, Centers for Disease Control and Prevention.