



## Protect Yourself and Your Family from the Flu

Preventing the flu and other respiratory illnesses is simple.

Here are four easy things each of us can do to prevent the flu:

- Cover your cough and sneeze with a tissue,
- Wash your hands often with soap and warm water,
- Stay at home and away from others if you are sick, and
- Get a flu shot, even in January or later, if you are in a high-priority group.

It's never too late to protect yourself and your family from the flu!

For more information about flu prevention and a list of high-priority groups, visit [www.doh.wa.gov](http://www.doh.wa.gov) and click "Flu News".

