BEAT THE FLU BUG!

GET VACCINATED!

KEEP THE BAD BUG AWAY FROM YOU!

- **Wash your hands.** Wash your hands with soap and warm water for 20 seconds. That's about how long it takes to sing Happy Birthday twice. If soap and water are not available, use alcohol-based hand sanitizer to clean your hands.
- **Stay home.** When you are sick, stay home to avoid spreading the bad bug.
- **Cough or sneeze into your elbow or a tissue (not your hands) and throw used tissues away.**
- **Stay healthy.** Eat a balanced diet, drink plenty of water and get plenty of rest and exercise.
- **Get your seasonal flu vaccination every year.**

QUESTIONS?

Visit www.kdheks.gov for more information.

KANSAS DEPARTMENT OF HEALTH & ENVIRONMENT