

Know what to do about the **FLU**



Stay home if you are sick, for at least 24 hours after your fever is gone. Plan ahead for staying home.

STOP THE SPREAD OF THE FLU!



Cough and sneeze into your sleeve or cover your cough and sneeze with a tissue.



Wash your hands often with soap and warm water for 20 seconds or use hand sanitizer.



Stay healthy: get regular exercise and plenty of rest, drink lots of liquids and eat nutritious foods.

Get vaccinated - it's not too late to get a flu shot.

WEST WINDSOR HEALTH DEPARTMENT

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