



Be Flu Safe Tompkins County is a community-wide initiative to decrease the spread of flu by promoting immunization and encouraging common prevention practices.

- **GET IMMUNIZED!**

Everyone over 6 months old should be immunized. Call your physician, the health department or school nurse to find out where you can get a flu shot.

- **SNEEZE IN YOUR SLEEVE!**

Cover your coughs and sneezes with a tissue. Throw the tissue in the trash, then wash your hands. Or, keep your hands clean by directing your cough or sneeze to your sleeve inside your elbow.

- **STAY HEALTHY!**

Get plenty of rest, eat nutritious foods, stay physically active.

- **WASH YOUR HANDS!**

Wash your hands frequently with soap and water for 20 seconds (about the time it takes to sing "Happy Birthday" twice.) Teach your children to do this and set a good example by doing it yourself.

- **STAY HOME!**

Flu is easily spread from person to person. If you're sick, protect others by staying home and getting well. You'll appreciate it when others do the same.

- **LEARN MORE!**

For more info, visit [www.cdc.gov/flu](http://www.cdc.gov/flu) or [www.tompkins-co.org/flu](http://www.tompkins-co.org/flu)



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