

flu



GET THE FLU SHOT

- Influenza can be a serious illness for pregnant women.
- The flu shot is safe for pregnant and breastfeeding women.
- Your flu shot protects you and your baby.



Find More Information at
www.EscambiaHealth.com

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DON'T GET IT DON'T SPREAD IT

● **GET vaccinated**

Everyone 6 months of age and older should get the flu shot, especially adults 65 and older, children 5 and younger, pregnant mothers, and people with certain medical conditions.

● **COVER your cough**

Cover your mouth and nose with a tissue when you cough or sneeze. If you do not have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

● **STAY home**

Keep sick children at home. Teach them to avoid touching their eyes, nose and mouth. Germs spread easily this way.

● **WASH your hands**

Wash your hands often with soap and water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.



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