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.

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.