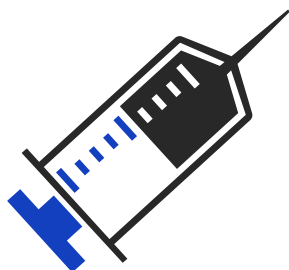


How To Protect Yourself This Flu Season

5 tips for staying safe this flu season



1

Get Vaccinated

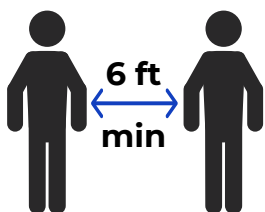
The most important way to protect yourself is to get vaccinated. Ask your doctor today how you can get the flu vaccine.



2

Wash Your Hands

Wash your hands with soap for 20 seconds or use a hand sanitizer with at least 60% alcohol.



3

Physical Distancing

Continue to physical distance by keeping at least 6 feet apart when in public.



4

Face Mask

Continue to wear a cloth face mask when you are in public.



5

Stay Home When Sick

Seek care if you are feeling unwell and stay home when sick.

For more information visit akhb.theismailusa.org