



# STOP THE FLU.



## Tips from the Sarasota County Health Department

Although a flu shot is your best protection, you can take the following precautions to reduce your risk of getting the flu.

### Protect Yourself

- avoid contact with people who are sick
- avoid touching your eyes, nose and mouth
- wash your hands often with soap and water or use an alcohol-based cleaner
- if you experience flu-like symptoms ask your doctor about antiviral medications

### Protect Others

- stay home if sick
- do not share eating utensils, drinking glasses, towels or other personal items
- cover your mouth and nose with tissue when you sneeze or cough
- always throw away used tissues
- wash your hands often with soap and water or use an alcohol-based cleaner



Flu symptoms may include fever, headache, tiredness, sore throat, dry cough, nasal congestion and body aches. Some people experience side effects while taking antiviral medications for flu prevention or flu symptoms.

