

FIGHT

THE FLU

THERE ARE **5 EASY STEPS** YOU CAN TAKE TO STAY HEALTHY!

1. Wash your hands with **soap and water** as often as you can.
2. Try not to touch your **eyes, nose or mouth**.
3. Try not to go near people who are sick.
4. If you don't feel well, **tell your parents** right away.
5. If you do become sick, **stay home** until you feel better.

Talk to your parents about getting a flu shot.

Chicagoflushots.org