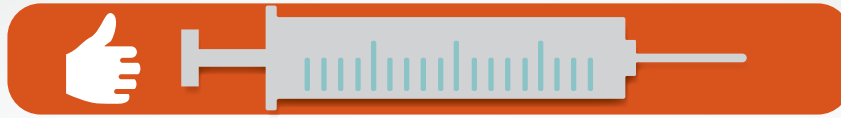# Fight the flu—it's in your hands!

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Get your flu shot—the first and most important step to fight the flu.

Wash your hands often with soap and water. If you don't have soap and water, use an alcohol-based hand sanitizer.

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

Clean and disinfect frequently touched surfaces.

Try not to touch your face with unwashed hands.

Stay home when you're sick, and keep your children home when they're sick.

Don't touch or shake hands with people who are sick.

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