



Find A Flu Vaccine

- Call your usual health care provider
- Attend your worksite vaccination clinic



For more information, visit:

- www.ct.gov/doh/immunizations
- www.ct.gov/ctfluvatch
- www.cdc.gov/flu

DON'T GET IT. DON'T SPREAD IT.

3 STEPS TO KEEP FROM SPREADING THE FLU TO YOUR FAMILY AND YOUR CO-WORKERS



1

GET VACCINATED

The single best way to protect yourself and others from the flu

2

KEEP GERMS FROM SPREADING

- Wash your hands often with soap and water
- Cover your cough and sneeze

3

KEEP IT TO YOURSELF

if you are sick, stay home, especially if you have a fever, sore throat and/or cough

