GET VACCINATED
Make an appointment with your doctor or go to a local clinic for your flu shot!

COVER YOUR COUGH
Sneeze and cough into your elbow or a tissue!

WASH YOUR HANDS
Keep hand sanitizer around you too!

STAY HOME
If you don’t feel well, stay home and make an appointment at UHS or with your doctor!

AVOID TOUCHING YOUR FACE
Especially your eyes, nose, and mouth!

THINK YOU HAVE THE FLU? SYMPTOMS INCLUDE:
FEVER/CHILLS  COUGH  SORE THROAT  RUNNY OR STUFFY NOSE
MUSCLE OR BODY ACHES  HEADACHES  FATIGUE

FIGHT THE FLU

NOT FEELING WELL? CALL UHS TO MAKE AN APPOINTMENT
410-455-2542