

3 STEPS TO INFLUENZA

STOP



PREVENT

- It's never too late to get a flu shot! Take the time to get a flu vaccine
- Avoid close contact with sick people

PROTECT

- Wash your hands or use an alcohol-based sanitizer
- Cover your coughs and sneezes
- Clean and disinfect surfaces

TAKE CARE

- Stay home when you are sick and wait to return until 24 hours after fever is gone
- If your symptoms worsen, contact your healthcare provider



For more information visit the Department of Public Health and Human Services (DPHHS) influenza website: flu.mt.gov