

# Catch the Holiday Spirit, Not the Flu!



Follow these simple steps to help prevent the flu this holiday season.



Cover coughs and sneezes with a tissue or your sleeve, and avoid touching your eyes, nose, and mouth.

If you or your child are sick, stay home for 24 hours after the fever is gone without the use of fever-reducing medicine.



If you or your child are sick, avoid traveling and celebrate the holidays at home.

If you must travel:

- Be prepared for health screenings at some airports outside of the U.S.
- Avoid close contact with fellow travelers



Wash your hands often with soap and warm water. This is especially important before eating.

If you're sick, let someone else do the cooking and serving.

**Remember: Getting seasonal and H1N1 flu vaccinations is the best way to keep your family strong against the flu.**

