



# PREVENTION OF SEASONAL INFLUENZA



**Get the Flu  
Vaccine**



**Cover your  
sneeze / cough**



**Wash hands  
properly**



**Avoid touching  
eyes, nose, mouth**



**Maintain good  
indoor ventilation**



**Wear a surgical  
mask when having  
respiratory  
symptoms**



**Stay home if you  
are sick**



**Maintain social  
distancing with  
sick people**