

**Got A Flu
Question?**

800-222-1222

www.umdnj.edu/flu



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UNIVERSITY OF MEDICINE &
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Don't blow it. Germs fly everywhere...fast.

Don't spread the flu. Cover your cough or sneeze. Use a tissue or your sleeve. Hands alone won't do it. Trash that tissue. Wash your hands often with soap and warm water, or an alcohol hand sanitizer.

Got fever, chills, sore throat, dry cough, runny nose, head or body aches, or unusual tiredness? Stay home. You're sick.

Get vaccinated. Right here. It's your best shot against seasonal flu.