



# 3 "G" S

*for Flu Protection Safety*

1

**GET** a seasonal flu vaccine if you have not yet had one this year.

- The flu shot and nasal spray **do not** cause flu.
- A flu shot is available for persons who have a severe allergy to eggs.
- Find out where you can get a flu vaccine at [cdc.gov/flu](http://cdc.gov/flu).

2

**GUARD** against picking up infections.

- Wash your hands often. Use a hand sanitizer if soap and water is not available.
- Cover your coughs and sneezes with a tissue. Or, cough or sneeze into your upper sleeve or elbow, not your hands.
- Disinfect commonly touched items, such as door handles, light switches, smartphones, and TV remotes.
- Avoid touching your eyes, nose and mouth.

3

**GO** to work and to public places when you are healthy. Stay home if you are sick, until at least 24 hours after the fever is gone without using a medication to decrease it.

