



Influenza Preparedness



- **Influenza vaccination** is the first and most important step in protecting against the flu and its potentially serious complications. Flu vaccines protect against the three or four viruses that research suggests will be most common. The flue vaccine can reduce flu illnesses, doctor's visits, missed work, and flu related hospitalizations.
- Everyone should receive an influenza vaccine for each annual flu season. Proof of flu vaccine should be provided.
- Vaccines may be obtained through your own physician.
- **Improve Hand Hygiene Practices.** Hand hygiene is still the best thing we can do to prevent the spread of infections like flu.
- Cover Your Cough with a tissue when you cough or sneeze. Avoid touching your eyes noses and mouth. Keep surfaces areas disinfected that may become contaminated with germs like the flu.