Simple steps you can take to stay healthy and avoid the flu and other viruses:

- Get a **seasonal flu shot**.
- **Wash your hands often** with soap and warm water, or use an alcohol-based hand gel.
- **Cover your mouth** when you cough or sneeze. Use a tissue or your inner elbow, not your hands.
- **Stay home** if you are sick.

For more information, please visit: [www.mass.gov/flu](http://www.mass.gov/flu)