

young adults:

Know what to do about the **flu**



- **Cover your cough** or sneeze every time with a tissue or your sleeve.
- **Wash your hands** often and well with soap and water or use hand sanitizer.
- **Stay home** if you're sick, for at least 24 hours after fever is gone. Plan ahead for staying home.

**Get vaxed* for yourself and your friends.
Help keep illness from spreading.**

* with the shot or the spray

To learn more, go to flu.gov,
healthvermont.gov or dial 2-1-1

 VERMONT
DEPARTMENT OF HEALTH