

SAY BOOO TO THE FLU



Act now and treat your family to a healthier flu season

Get Vaccinated Now!

The Centers for Disease Control and Prevention (CDC) recommends all healthy children ages 6 months to 5 years old get vaccinated against the flu. Get your family vaccinated in October and November, before flu season peaks, for vaccinations to be most effective.

Once your child is vaccinated, use these tricks to make the flu virus too scared to come to your house this flu season!

- 1 Sing & Scrub:** Make sure kids wash their hands the right way. They should wash frequently with warm water and soap for at least 20 seconds (the time it takes to sing the "Happy Birthday" song twice).
- 2 Do the Elbow Cough:** Teach kids to cough into elbows, not hands where they're more likely to spread bacteria and viruses through touch.
- 3 Disinfect Hot Spots:** Kids can touch up to 300 surfaces in 30 minutes, so be sure to disinfect the surfaces kids touch most frequently — like doorknobs, light switches, faucets or toys. Use a disinfectant approved to kill cold and flu viruses.
- 4 Follow Good Health Guidelines:** Eat right, exercise and get plenty of sleep to help boost your body's ability to fight the effects of colds and flu.

Visit www.sayboototheflu.com for more information.



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