Each year thousands of people are affected by the flu. You can get the flu from patients, coworkers, and other people you care for. It’s important for front-line workers like you to take all preventive measures to keep yourself and others safe.

To prevent the flu:

- ✔ Wash your hands
- ✔ Avoid touching your eyes, nose, and mouth
- ✔ Stay home when you’re sick
- ✔ Clean frequently touched surfaces

When more people get the flu shot, more people are protected from the flu. Your health and the health of the people you serve is important to us. For better protection this flu season, you can get your COVID-19 vaccine at the same time as your flu shot.

Visit cdc.gov/flu for more ways to fight the flu.