

STOP THE FLU

TAKE 3 STEPS TO FIGHT THE FLU

GET YOUR FLU VACCINE

- The best way to protect against the flu is getting vaccinated.
- Flu vaccination can also reduce severity of symptoms & duration.

TAKE EVERYDAY ACTIONS

- Avoid close contact with sick people.
- Cover your nose/mouth when you cough/sneeze. Throw tissues in trash.
- Wash your hands with soap & water.
- Avoid touching your eyes, nose & mouth.
- Disinfect frequently touched surfaces/objects such as tables & phones.
- Have symptoms? Stay home from work/class until fever free for 24 hours without use of fever-reducing medicine.

TAKE ANTIVIRAL MEDICINE

- See a physician to help reduce the severity of the flu.
- Antiviral medicine is most effective taken within 48 hours of symptoms.

Schedule Online
at myhealth.uark.edu