

Prevent the Spread of Flu

#FighttheFluNJ

Cover Coughs & Sneezes

- ❖ Use tissues; cough or sneeze into sleeve



Wash Your Hands



Stay Home if You're Sick



Get a Flu Shot!

- ❖ If 6 months or older
- ❖ Flu season can last until May



nj.gov/health/fightthefluinj

