

# ALL ABOUT THE FLU

Facts to help you stay healthy this flu season.



## 3 BEST MOVES

to avoid the flu: Get vaccinated, avoid sick people, and wash your hands often.



## 8 DAYS

How long you may be contagious, starting 1 day before you feel sick.



## 6 FEET

The distance people can spread the flu virus.



## 6 MONTHS

Just about anyone who's at least 6 months old should get a yearly flu vaccine.

OCT NOV DEC JAN FEB MAR APR MAY JUN JUL AUG SEP

## 8 MONTHS

How long flu season can last. (As early as October, as late as May)