

# STEP UP to PREVENT FLU

Flu is a respiratory illness that spreads easily. Each year in the U.S., flu causes more than 226,000 hospitalizations and about 36,000 deaths.

## **Anyone can get the flu.**

This is why it is important for all of us to “step up” and help stop the spread of flu!

Get your flu shot

Know how flu is spread

Know the symptoms of flu

Stay home when you are sick

Cover your coughs and sneezes

Keep your hands and surfaces around you clean

