



Real people.

I had to take a flu break.

“When I got the flu, my mom kept me home. I missed school, church and soccer practice. I couldn’t see my friends at school and on the team, but my mom said I was helping others by not spreading my flu germs.”

Since the flu can make some people really sick, or even kill them, everyone ought to stay home and see a doctor when they get sick.

Staying home when you have the flu is one way to help others from getting sick.

Real solutions.

Visit www.cdc.gov/flu/

Call 800-CDC-INFO; TTY: 800-243-7889

The best protection against flu is to get vaccinated when possible.

