Protect Yourself from Flu at a Large Public Event

Event attendees:

You can protect your health and the health of others while attending a public event. Flu can spread quickly when lots of people are close together for a long time. Plan to stay home if you're sick. By practicing healthy habits, you will be doing your part to help prevent the spread of flu.

Take these actions to help keep yourself and others well:

Get vaccinated.

Stay home if you're sick.

- Keep your distance (6 feet or more) from others at home or if you have to leave (to visit the doctor's office).
- If you have a fever, stay home for at least 24 hours after your fever is gone without using medicine that lowers fever.

Cover your nose and mouth with a tissue when you cough or sneeze.

- Throw away dirty tissues.
- Use your sleeve or elbow if you don't have a tissue.
- Wash or sanitize your hands afterwards.

Wash your hands often.

- Wash with soap and water for at least 20 seconds (the time it takes to hum the "Happy Birthday" song twice).
- Use hand sanitizer with at least 60% alcohol if you don't have soap and water.

Try not to touch surfaces and objects that are used and shared often.

Try to keep your distance from people who are sick.

- Limit actions like shaking hands, hugging, and kissing your fellow event attendees.

www.cdc.gov/npi 1-800-CDC-INFO (232-4636) www.cdc.gov/info
TTY:888-232-6348

National Center for Emerging and Zoonotic Infectious Diseases
Division of Global Migration and Quarantine

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