HOW CAN I PREVENT THE FLU?

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you do not have a tissue, cough or sneeze into your sleeve, not your hands.
- Avoid close contact with people who are sick.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid touching your nose, mouth, and eyes.
- Get the influenza (flu) vaccine. It’s the best way to protect yourself and your family against flu. The flu vaccine is given each year. You can get the shot or get the flu shot. You can also get the vaccine by mouth. There are many kinds of flu vaccines. They are all safe and effective. Get more information about flu vaccines:

PROTECT YOURSELF AND OTHERS

WHO GETS THE FLU?

- Anyone can get the flu. However, some groups of people are at higher risk of flu complications, such as pregnant women and children younger than 5 years of age, older adults, and people with certain health conditions.
- People who are most at risk for flu complications include:
  - People who have certain chronic medical conditions, such as diabetes, heart disease, or lung disease.
  - People who are pregnant.
  - People who have a weakened immune system, such as people who are taking certain medications or who have had a bone marrow or organ transplant.
  - People who are older than 65 years of age.

WHO GETS ZIKA?

- ANYONE can get Zika. However, some groups of people are at increased risk of severe complications:
  - Pregnant women and women who may become pregnant.
  - Men who have traveled to or live in areas with risk of Zika virus transmission.

ZIKA VIRUS DISEASE (ZIKA)

- Zika is a virus spread to people through the bite of infected mosquitoes. The virus is present in many parts of the world, including parts of Africa, the Americas, Asia, and the Pacific.
- People who get Zika usually don’t get sick enough to go to the hospital, and they very rarely die from Zika. Many people with Zika won’t have symptoms but some who do, signs of Zika usually develop 3-14 days after exposure. Symptoms can vary from mild to severe. The most common symptoms are:
  - Fever
  - Rash
  - Headache
  - Joint pain
  - Gastrointestinal symptoms (such as nausea, vomiting, and diarrhea)
  - Conjunctivitis (red eyes)
  - Muscle pain
  - Nausea

HOW CAN I PREVENT ZIKA?

- Use EPA-registered insect repellent containing DEET, picaridin, oil of lemon eucalyptus, or para-menthane-diol. Make sure to use the right amount of repellent for your age group:
  - Kids: the size of a quarter
  - Adults and children older than 12: the size of a dollar
- Stay in places with air conditioning, fans, or screened windows and doors.
- Stay in places with air conditioning, fans, or screened windows and doors.
- Avoid being outside when mosquitoes are most active.
- Protect your clothing with long sleeves and long pants. Wear long-sleeved shirts and long pants. Treat your clothing with permethrin or another insect repellent that contains DEET, picaridin, oil of lemon eucalyptus, or para-menthane-diol, or 2-undecanone. Poisons and sprays are not effective repellents.
- Use mosquito netting over beds and other sleeping areas.
- Stay in places with air conditioning, fans, or screened windows and doors.
- Avoid being outside when mosquitoes are most active.
- Protect your clothing with long sleeves and long pants. Wear long-sleeved shirts and long pants. Treat your clothing with permethrin or another insect repellent that contains DEET, picaridin, oil of lemon eucalyptus, or para-menthane-diol, or 2-undecanone. Poisons and sprays are not effective repellents.