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It’s flu season again! Guard yourself against catching the virus this holiday season with these tips from the Centers for Disease Control (CDC):

- Getting an annual flu vaccine reduces your chances of getting the flu and spreading it to other people.
- The CDC recommends that everyone 6 months of age and older get an annual flu vaccine.
- Getting the flu vaccination can reduce doctors’ visits, and missing work or school because of the flu, and can also reduce hospitalization related to the flu.
- Avoid close contact with people who are already sick; when you’re sick, limit your contact with others so you don’t infect them.
- If you do have flu symptoms, stay home for at least 24 hours after your fever goes away.
- Cover your nose and mouth with a tissue when coughing or sneezing and immediately throw that tissue away!
- Remember to wash your hands regularly with soap and water or alcohol-based hand sanitizer, especially after you use a tissue to blow your nose.
- Germs spread by touching your eyes, nose, and mouth so try to avoid touching those areas.
- Clean and disinfect your work or study space regularly.

We wish you a safe and healthy (and flu-free) holiday season!