

# Flu Fighters

Be a Flu Fighter for your family, friends and community by following four simple steps:

## 1. Get a Flu Shot

- Everyone age 6 months and older should get a flu shot each year

## 2. Mask Up

- While the CDC does not specifically recommend people wear masks to protect against the flu, those who have not been vaccinated against COVID-19 should consider wearing a mask in public areas

## 3. Wash your Hands

- Using soap and water, wash your hands for 20-30 seconds
- Use hand sanitizer when you cannot wash your hands immediately

## 4. Get Plenty of Rest

- If you have been diagnosed with the flu, stay home for at least 24 hours after your fever is gone without the aid of Tylenol

Visit **[healthpartners.com/fightflu](https://healthpartners.com/fightflu)** for more information.

Call **800-551-0859** for advice and treatment.

