



Visit [healthpartners.com/fightflu](https://healthpartners.com/fightflu) for more information.  
Call 800-551-0859 for advice and treatment.

- 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

#### 4. Get Plenty of Rest

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

#### 3. Wash your Hands

- 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

#### 2. Mask Up

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

#### 1. Get a Flu Shot

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

# Flu Fighters



Be a Flu Fighter for your family,  
friends and community.

