**Flu Tips 101**

**The Flu is a Viral Infection.** Antibiotics are for bacterial infections and do not fight flu, colds, bronchitis or most sore throats.

**Wash Your Hands.** Frequent hand washing can slow the spread of germs that cause the flu.

**Cover Your Mouth.** The flu spreads mainly by droplets when people with flu cough, sneeze or talk.

**Avoid People with the Flu.** Adults may be contagious from 1 day before to 7 days after symptoms develop.

**Get the Shot.** The most important step in preventing flu is to get a flu vaccination each year.

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