

STOP THE FLU TEXASFLU.ORG



STAY HOME

If you get sick, stay home until you're well so you don't spread more germs. Steer clear of others who are sick.



PLAN

Even if you're not sick, plan ahead. Stock food and medicine to last several days for family and pets. Also check into alternate work options and child care, in case your family gets the flu.



STAY INFORMED

Get the latest updates at TexasFlu.org, and check your local news for any canceled events or closings.



DIAL 2-1-1 FOR FLU ADVICE

Medical professionals can provide information about managing flu symptoms. They can also give advice on when to seek medical care.

Stopping the flu is up to you.



TexasFlu.org