JOIN BLUE, PREVENT THE FLU!

Indiana State Department of Health

Hand Washing Twitter Picture #ColtsClean Winners

Stay healthy this winter and prevent the flu by getting your flu shot, washing your hands, covering your coughs and sneezes and staying home when you are sick.

Help protect others.
Avoid close contact with sick people.

Clean surfaces at home, work or school.
Avoid touching eyes, nose or mouth.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, eat nutritious food and do not smoke.