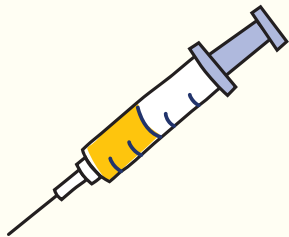


# What can I do to protect myself from influenza?



## Get vaccinated



Safe and effective vaccines are available to protect against seasonal influenza.

## Use respiratory etiquette



Cough and sneeze into my arm/elbow or into a tissue, NOT my hand.

## Wash my hands regularly



World Health  
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