

**"I COULDN'T BE AROUND  
MY FAMILY BECAUSE  
OF THE FLU"**

To help prevent getting and spreading the flu:



Cough and sneeze  
into your elbow



Wash your  
hands regularly



Get your  
flu shot

**YOU NEVER FORGET THE FLU  
DON'T FORGET YOUR FLU SHOT**

[betterhealth.vic.gov.au/flu](http://betterhealth.vic.gov.au/flu)



Authorised by the Victorian Government, 1 Treasury Place, Melbourne.