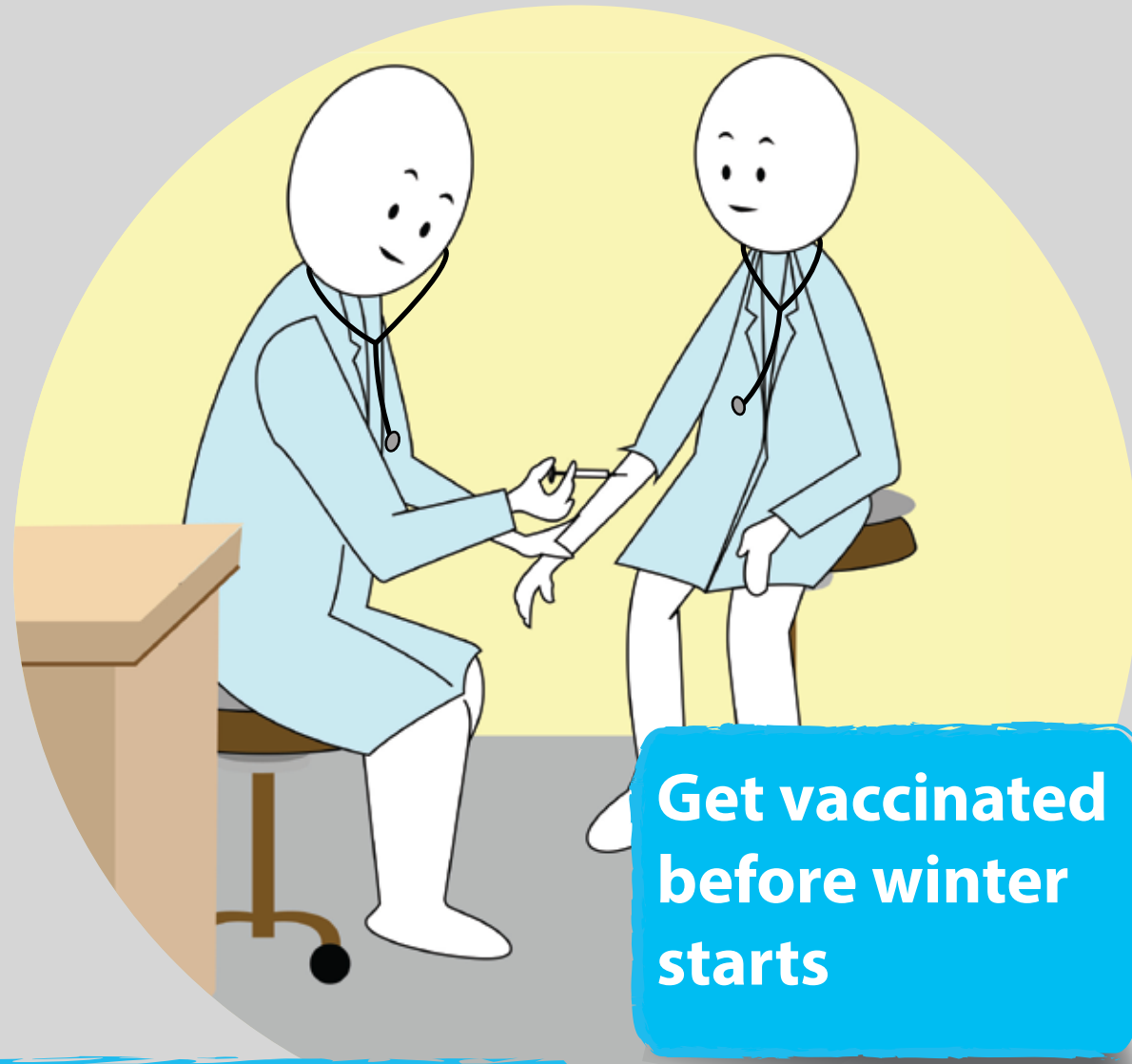




Health workers  
have a significantly  
higher risk of  
catching influenza



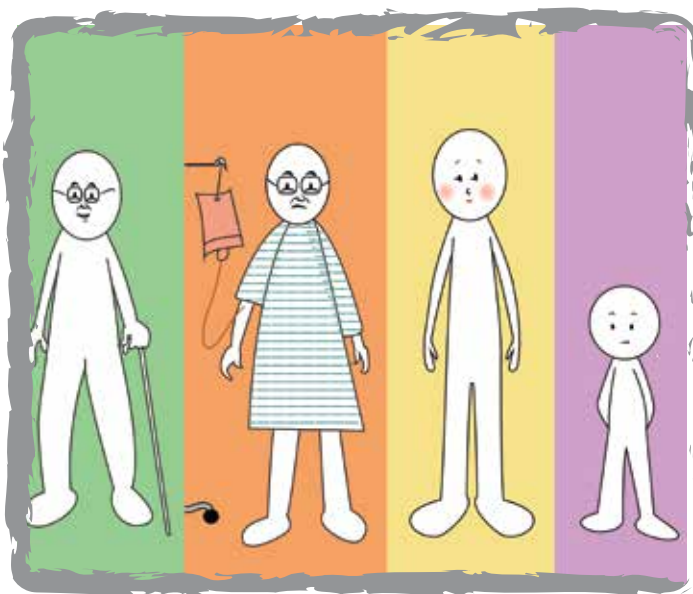
Get vaccinated  
before winter  
starts

# Simple actions can protect you from seasonal influenza

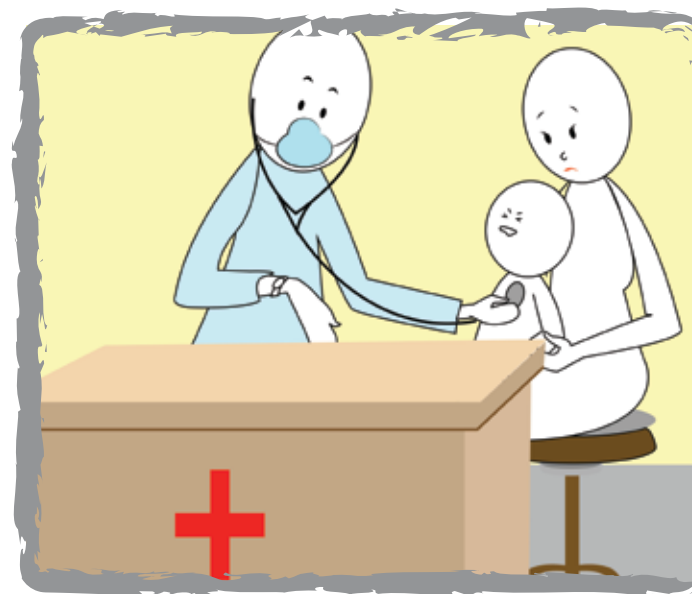
## Protect yourself and others



Get vaccinated every  
year before winter



Recommend vaccination  
for high-risk patients



Always wear a face mask  
when caring for those  
who are already sick



Cover your nose and  
mouth with a tissue  
when you cough or  
sneeze



Wash your hands  
regularly with soap  
and water



Stay home for  
at least 24 hours after  
your fever has gone

