

# PARENTS

The flu can make  
your children  
sick enough to  
miss school,  
activities, or even  
be hospitalized.

Rarely, even  
healthy children  
can die from flu  
complications.

Getting the flu shot  
protects yourself  
and your family.

protect *yourself.*

protect *your family.*

**prevent the flu.**

[www.scdhec.gov/flu](http://www.scdhec.gov/flu)  
1-800-27-SHOTS



South Carolina Department of Health  
and Environmental Control



The Carolinas Center  
for Medical Excellence  
Improving health care quality since 1983

# The Flu Can Make You Sick.

Fight the flu with these steps every day.

Cover coughs and sneezes with a tissue. Throw the tissue in the trash after you use it.



Wash hands often with soap and water.

Stay away from people who are sick.



Don't touch your eyes, nose, and mouth. Germs can spread this way.



## Let's fight the flu TODAY!