

# What You Can Do About Flu

## Cover Your Cough & Wash Your Hands

Cough into a tissue or your sleeve, not your hands.

## Stay Home When You Are Sick

Make back-up plans for when you are home sick.  
Consider school, childcare, work, medicine, and food needs.

## Get Your Flu Shot

For more information on Flu  
go to **[dutchessny.gov](http://dutchessny.gov)**

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