

# FLU FACTS



The flu season typically runs from  
**NOVEMBER - APRIL**

**VACCINATION**  
The best way to prevent the flu!



To better prevent getting or spreading the flu:

**WASH  
YOUR HANDS**



**15-20  
SECONDS**  
with soap & warm water

Especially after touching door knobs, computer equipment including a keyboard & mouse, after shaking hands, etc.

**67%** of office workers admitted to coming to work sick.



Up to **20%** of the US population will get the flu.

## DID YOU KNOW?

A droplet from a cough or a sneeze can spread to others up to

**6 FEET AWAY.**

**4**

## Things You Should Do



**EAT  
HEALTHY  
FOODS**



**DRINK  
LOTS OF  
FLUIDS**



**EXERCISE  
REGULARLY**

**GET  
PLENTY  
OF REST**



**ONLY 15%**

of office workers clean their work space  
**once or more a week.**

The average desk harbors

**400**

**TIMES MORE**  
bacteria than a toilet seat.

KNOW YOUR  
FLU **F.A.C.T.S**



**FEVER**



**ACHES**



**CHILLS**



**TIRED**



**SUDDEN ONSET**

For more information or a FREE physician referral call,

Text **ER to 23000\*** to see average wait times with real time updates every 30 minutes!

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