

**STOP THE FLU. IT'S UP TO YOU TO PROTECT YOURSELF AND THOSE AROUND YOU.**



**Cover your cough or sneeze.**



**Wash your hands with soap and water.**



**Stay home if you're sick.**

**BOSTON  
PUBLIC  
HEALTH  
COMMISSION**



Building a Healthy Boston  
Mayor Martin J. Walsh

**Get vaccinated and reduce your risk of the flu.  
Visit [bphc.org/flu](http://bphc.org/flu) for more information about the flu.**