

# ANYONE CAN GET THE FLU



## Stay well this winter and help stop the spread of flu

You never forget the flu, it can hit quickly and last for weeks.

The flu isn't like the common cold, it's highly contagious and can cause severe illness and life-threatening complications.

That's why we are encouraging everyone to stay well this winter and help stop the spread of flu, it's as easy as following three steps:



*Cough or sneeze into your elbow,  
Wash your hands regularly,  
If you're sick, stay home.*

If you do get the flu, the best things you can do are rest, stay at home and drink plenty of fluids. If you do need to see a GP, make sure you call ahead first.

For more information visit [www.betterhealth.vic.gov.au/flu](http://www.betterhealth.vic.gov.au/flu)



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