

Scare Away the Flu



Follow these simple steps to help prevent the flu this Halloween!



- Do the "Dracula," cough and sneeze into your sleeve.
- Avoid masks that make kids more likely to touch their eyes, nose, or mouth.



If you or your child are sick, don't go out trick-or-treating. Instead, stay home and watch a scary movie.

- Wash your hands before eating candy.
- If you're sick, don't hand out candy. Instead, leave it on the doorstep.



Remember, you can also keep your children strong against the flu by:

- Getting vaccinated against seasonal and H1N1 flu
- Eating healthy food
- Exercising regularly
- Getting enough rest
- Washing hands with soap and warm water
- Staying home until 24 hours after fever ends
- Asking healthcare provider about antivirals if child has flu-like symptoms

Los Angeles County Department of Public Health

Website • <http://www.publichealth.lacounty.gov> | LA County Info Line • Dial 2-1-1

