

## Are you ready for the flu?

- Families and staff should receive the seasonal flu vaccine this year and every year.
- Practice good hygiene like washing your hands, covering coughs, and sneezing into your sleeve to prevent the spread of the flu.
- Make sure staff and children stay home if they are sick with the flu. Do not return to work/daycare until 24 hours after fever is gone without the use of fever reducing medications.
- If your child does not have health insurance, or does not have insurance that covers vaccines, ask your physician or local health department about the (VFC) program. This program is available for eligible children 18 years of age and younger.
- Adults who do not have health insurance, or do not have insurance that covers vaccines, should contact their local health department for information on vaccines at no or reduced cost.

Simple steps can prevent the flu.



[www.michigan.gov/flu](http://www.michigan.gov/flu)  
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