

Fight Flu!

The Manchester Health Department recommends that Manchester residents take 3 actions to “FIGHT FLU”. **Get yourself and your family vaccinated.** Everyone 6 months and older should get the annual flu vaccine and with flu activity increasing; it is not too late to get vaccinated. **Take everyday preventive actions to help stop the spread of the flu viruses.** Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes and wash your hands often (with soap and water or alcohol based hand sanitizer). **Take antiviral drugs if your Doctor prescribes them.**