Ways to PREVENT THE FLU in Young Children:

- Get the flu vaccine.

- Keep children away from sick individuals.

- Make sure children cover their mouths when coughing or sneezing.

- Teach children to keep their hands out of their eyes, nose, and mouth.

- Avoid large crowds and cramped venues during the flu season.

- Teach children to sneeze into the crook of their arm (inside the elbow), and avoid sneezing into their hands.

- Teach children not to share food or drinks with friends.