

How Can You Protect Yourself From the Flu?

The flu can be dangerous. Using good health habits can help prevent spreading the flu to others and protect yourself.



Wash your hands often.

Use soap and hot water to make sure your hands are clean. The flu virus can infect you when you touch or rub your eyes, nose or mouth. The flu virus can live up to 6 hours on certain objects like shopping carts.

Stay away from sick people.

The flu is extremely contagious and is spread when you inhale droplets made when people with flu cough, sneeze or talk. When possible, stay away from people who are sick, cover your coughs and sneezes and wash your hands frequently.



Get the flu vaccine.

According to the CDC, the flu vaccination can keep you from getting sick with flu and reduce the risk of flu-associated hospitalization. The vaccination also may make your illness milder if you do get sick. Protect yourself and others by getting the flu vaccination every year.

Flu shots reduce the chance of getting the airborne virus.

Call today to schedule your flu vaccination.

Two locations available!

Snoqualmie Ridge Medical Clinic
425-396-7682
35020 SE Kinsey St, Snoqualmie

Snoqualmie Valley Hospital Clinic
425-831-2313
9801 Frontier Ave. SE, Snoqualmie

