

Fight the flu 1 :30

This flu season we need every Alaskan to roll up their sleeves and fight the flu.

Learn where and when flu vaccine will be available in your area and make plans now to get both the swine flu and regular seasonal flu vaccines.

In the meantime fight the flu by:

- Washing your hands often or using a hand sanitizer;
- Coughing into your sleeve or a tissue;
- And keeping sick people at home.

For more information on how to fight the flu go to pandemicflu.alaska.gov.

A message in good health from the Alaska Department of Health and Social Services.

Fight the flu 2 :30

This flu season we need every Alaskan to roll up their sleeves and fight the flu.

Learn where and when flu vaccine will be available in your area and make plans now to get both the swine flu and regular seasonal flu vaccines.

In the meantime, fight the flu by:

- Regularly disinfecting hard surfaces;
- Avoiding touching your mouth, nose and eyes;
- And wearing a facemask if you are sick and in close contact with others.

For more information on how to fight the flu go to pandemicflu.alaska.gov.

A message in good health from the Alaska Department of Health and Social Services.