

Flu and Travel PSA (:30)

If you have flu-like symptoms, stay home, recover, and keep others well. This might mean postponing your travel plans. Don't travel until seven days after symptoms begin *or* until you've been symptom-free for 24 hours, whichever is longer. Think about those around you. Remember that you would want sick people to stay home to protect *your* health.

A message from the Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services.