

PREVENTING THE FLU

Good Health Habits Can Help Stop Germs

Fact Sheet

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

Stay home from work, school, and errands when you are sick. Keep sick children home. You will help prevent others from catching the illness.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. Throw the tissue in the trash after you use it. If a tissue is not available, try to cough into your sleeve.

4. Wash your hands often.

Washing your hands and the hands of your children often will help protect you from germs. **This is the single most effective thing you can do to help stay well.**

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

7. Get vaccinated against the Flu

When you get vaccinated you have the best chance of not getting sick from the Flu and not spreading it to others.