



## **PREVENTING THE FLU: GOOD HEALTH HABITS CAN HELP STOP GERMS**

### **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. Influenza is thought to spread mainly person to person through coughing or sneezing or infected people.

### **2. Stay home when you are sick.**

- Stay home from work, school and running errands when you are sick. Keep sick children at 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.

### **4. Wash your hands often.**

- Washing your hands and the hands of your children with soap and water often will help protect you from germs. Alcohol based hand cleaners are also effective if soap and water are not easily accessible.

### **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. Seek medical attention.**

- Similar to any flu season, seek medical care based on the severity of your symptoms.

