

FLU & YOU..

FOUR SIMPLE THINGS YOU CAN DO TO PROTECT YOURSELF, YOUR FAMILY AND YOUR FRIENDS

1 COVER YOUR COUGHS & SNEEZES.

- Cover your mouth and nose with a tissue.
- Put your tissue in the trash can.
- No tissue? Cough or sneeze into your upper sleeve, not your hands.

2 WASH YOUR HANDS.

- Wash hands with warm, soapy water for at least 10-15 seconds OR use a hand sanitizer after:
 - Coughing or sneezing
 - Using the bathroom
 - Caring for a sick person
 - Handling garbage, animals, and animal waste

DURING FLU SEASON

3 CLEAN LIVING & WORK AREAS.

- Clean area with household detergents.
- Sanitize surfaces with bleach or alcohol.

4 KEEP YOUR DISTANCE.

- Avoid crowds.
- During outbreaks, work from home, if possible.
- Limit your travel.
- Stay at home if you are sick, and keep your family at home if they are sick.

ADPH
EMERGENCY PREPAREDNESS
Alabama Department of Public Health

www.adph.org/pandemicflu

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