

Preventing the Flu is in your hands!

Flu viruses are spread from person to person through droplets made when people with flu cough, sneeze, or talk. Flu viruses also may spread when people touch something with flu virus on it & then touch their mouth, eyes, or nose. The most important step in preventing the flu is be getting the flu shot each year. Here are some other useful tips.

1. Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.



2. Avoid touching your eyes, nose or mouth.

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

3. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

4. 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.

5. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing, and throw the tissue in the trash. If you do not have a tissue, cough or sneeze into your elbow or upper part of your sleeve.



6. Practice good health habits.

Clean and disinfect frequently touched surfaces. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, & eat nutritious food.

