

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.

2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. You would be contagious for 7 days after onset of symptoms.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing, or cough into your sleeve. It may prevent those around you from getting sick.

4. Clean your hands.

Perform hand hygiene often. Especially de-germ hands when out in the public or after touching community items (phones, keyboards, hand rails, shopping carts, etc). Washing your hands often will help protect you from germs.

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. Perform hand hygiene before touching your face. Remember this would include before eating, applying cosmetics, smoking, rubbing your eyes or nose, etc.

6. Practice other good health habits.

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