



# How To Prevent The Flu



## 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.



## 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.

## Cover your mouth and nose:

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



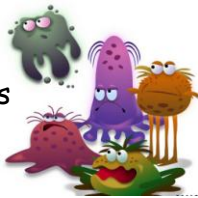
## Clean your hands:

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



## 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.



## Practice other good health habits:

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



**The single best way to prevent seasonal flu is to get a flu vaccine!**

Source: CDC