

Preventing the Flu: Good Health Habits Can Help Stop Germs

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.

Stay home from school, work, child care and errands when you are sick, except to seek medical care. Keep sick children at home except to see the health care provider. You will help prevent others from catching the illness.

Cover your mouth and nose.

Cough or sneeze into your sleeve or elbow or cover your mouth and nose with a tissue when coughing or sneezing. Throw the tissue in the trash after you use it.

Wash your hands often.

Washing your hands and the hands of your children often will help protect you from germs. Wash for a least 15 seconds with soap and water.

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.

GET THE FLU VACCINE YEARLY.

If people are ill, they should stay at home and limit contact with others, except to seek medical care.

Healthy people should take the everyday preventive actions listed above.

People who develop an illness with fever and respiratory symptoms, such as cough and runny nose, and possibly other symptoms, such as body aches, nausea or vomiting and diarrhea, should contact their health care provider.

The health care provider will determine whether influenza testing is needed.