



## 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 being 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.
3. **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.
4. **CLEAN YOUR HANDS:** 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.
6. **PRACTICE OTHER GOOD HEALTH HABITS:** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.