

PROTECT

Yourself, Your Family and Our Community

Practicing Good Health Habits Can Help Stop the Spread of Flu

(Source: The Center for Disease Control)

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 public places 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. Dispose of the tissue immediately.
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.