

FLU PREVENTION TIPS



Wash your hands often. This will help protect you and others against germs. When soap and water are not available, use alcohol-based disposable hand wash or gel sanitizers.



When coughing or sneezing, cover your mouth and nose with a tissue. If you don't have a tissue, cough or sneeze into your sleeve, not your hands.



Avoid close contact with people who are sick.



If you are sick, stay home and away from other people as much as possible, to protect them from getting sick as well; get plenty of rest and check with your doctor.



Get an annual flu shot.