

# Spread the Word—Not the Flu

You or people around you may become ill with the flu. Recognize the symptoms and know what to do. Follow these guidelines during a flu outbreak.

## 1. Wash your hands often.

- Hand washing is one of the most effective ways to prevent the transmission of diseases. During the flu season, wash your hands more than usual.
- Always wash your hands after blowing your nose or coughing. Make this a consistent habit.

## 2. Avoid close contact.

- Avoid close contact with a person who is known to be sick or has symptoms.
- If you are sick, keep your distance to prevent infecting others and spreading the virus further. The Centers for Disease Control and Prevention recommends staying home until you have been fever free (100° F) for 24 hours.
- In areas where people have been identified with flu-like symptoms, follow public health advice regarding school closures, avoiding crowds and other social distancing measures.

## 3. Cover your mouth and nose.

- Cough or sneeze into your elbow or cover your mouth and nose with a tissue. Immediately throw the tissue into a garbage container. Then wash your hands.

## 4. Avoid touching your eyes, mouth or nose.

- Germs are often spread after touching contaminated objects and then touching the eyes, mouth or nose.

## 5. Practice other good health habits.

- Get plenty of sleep. A lack of rest weakens your immune system and increases your chances of getting sick.
- Be physically active. Proper exercise is an important part of daily fitness.
- Manage your stress. Too much stress can weaken your immune system.
- Drink plenty of fluids. Water helps flush your system. Don't share drinking containers.
- Eat nutritious food. Foods rich in vitamins A, C and E help strengthen your immune system.
- Disinfect. Frequently clean table tops, door handles, handrails, telephones, pens, pencils, toys and other items that are shared or touched.



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