



## Avoid the Flu

**Healthy habits and simple actions will help reduce your risk of flu and other illnesses.**

- **Wash your hands.** Use soap and water often, especially after coughing or sneezing. Carry alcohol-based hand cleaners in your car, backpack or purse when soap and water are not available.
- **Keep your distance.** Avoid close contact with people who are sick. If you're ill, stay home. You can help prevent others from getting sick.
- **Cover your cough.** Use a tissue when coughing or sneezing. It can prevent the spread of germs. If you don't have a tissue, cough or sneeze into your arm above your hand.
- **Don't contaminate.** Try not to touch your eyes, nose or mouth. Germs are often spread this way, which is why hand washing is so important.
- **Maintain good health.** Get plenty of sleep. Drink lots of water and eat nutritious foods. Get regular exercise. Manage stress. Being healthy helps fight the flu.
- **Get a flu vaccination.** Protect yourself against seasonal illness. It's the single best way to prevent the flu.
- **Stay informed.** These simple flu-prevention steps are the same ones you would use in the event of pandemic influenza, a flu outbreak of global proportions.