

## TIPS FOR PREVENTING THE COMMON COLD & INFLUENZA (FLU)



- Get a flu vaccine to help reduce the risk of influenza and potentially serious complications.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer. Help young children do the same.
- Avoid touching your eyes, nose, and mouth with unwashed hands. Viruses that cause colds can enter your body this way and make you sick.
- Stay away from people who are sick. Close contact with sick people increases the risk of spreading the viruses that cause illness. Avoid shaking hands, hugging, and kissing.
- Stay home when you are sick and keep children out of school and daycare if you are sick. If you must leave home, wear a facemask.
- Cough and sneeze into a tissue and throw it away, or cough and sneeze into your upper shirt sleeve, completely covering your mouth and nose.
- Wash your hands often, especially after coughing, sneezing, or blowing your nose.
- Disinfect frequently touched surfaces such as doorknobs, light switches, countertops, and mobile devices.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

**Total** health