

Things To Do To Prevent The Flu

Avoid close contact



When you are sick, keep your distance from others to protect them from getting sick too.

Stay Home when you're sick



You will help prevent others from catching your illness.

Cover your mouth and nose



Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.

Wash your hands



Washing your hands often will help protect you from germs.

Avoid Touching your eyes, nose or mouth



Our hands carry lots of germs which can enter our bodies if we touch our eyes, nose, or mouth.

Practice other good health habits



Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.