

# Preventing the Flu: Good Health Habits Can Help Stop Germs

## Fact Sheet

### **1. Avoid close contact.**

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

### **2. Stay home when you are sick.**

Stay home from work, school, and errands when you are sick. Keep sick children at home. You will help prevent others from catching the illness.

### **3. Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. Throw the tissue in the trash after you use it.

### **4. Wash your hands often.**

Washing your hands and the hands of your children often will help protect you from germs.

### **5. Avoid touching your eyes, nose or mouth.**

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

### **6. Practice other good health habits.**

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