***Stop the spread of germs that make you and***

***others sick everywhere***!

Cover your cough

Over your mouth and nose with a tissue when you cough or sneeze

Please put used tissue in the waste basket or bin.

Or

Cough or sneeze into your upper sleeve not your hands

Clean your hands after coughing or sneezing.

Wash hands with soap and warm water for 20 seconds

Or

Clean with alcohol-based hand cleaner

***Please read important***

***Preventing the Flu: Good Health Habits Can***

***Help Stop Germs***

Fact Sheet

**The single best way to prevent seasonal flu is to get vaccinated** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are **flu antiviral drugs** that can be used to treat and prevent the flu.

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.**

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

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

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

**4. Clean your hands.**

Washing your hands 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 ouches 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.

• Content Source: Coordinating Center for Infectious Diseases (CCID)

• National Center for Immunization and Respiratory Diseases (NCIRD)