

# Fight the flu with good habits

The best ways to avoid getting the flu are to practice good health habits and get vaccinated each year. To stay healthy, try to always practice the below healthy habits.

## Keep away

Avoid close contact with people who are sick. And do the same when you don't feel well. A safe distance can help prevent the spread of bugs and germs that cause infection.

## Stay home when you're sick

If possible, avoid work, school and errands when you are sick. This way, others won't catch what you've got.

## Cover up when you cough or sneeze

Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.<sup>1</sup> It may help keep those around you from getting sick.

## Wash and dry your hands often

Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.

## Don't touch your eyes, nose or mouth

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

## Keep things clean

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.

## And keep up these healthy habits:

- Get plenty of sleep
- Exercise
- Reduce stress
- Drink lots of fluids
- Eat nutritious food

Getting the flu is never fun. It can even be life threatening. So do the right thing:  
**Practice good health habits.**



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Sources  
Centers for Disease Control and Prevention  
<sup>1</sup> <http://www.cdc.gov/flu/protect/habits.htm>

This information is intended for educational purposes only, and should not be interpreted as medical advice. Please consult your physician for advice about changes that may affect your health.