Preventing the Flu: Good Health Habits Can Help
Stop Germs

Fact Sheet

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.

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.

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

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

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.

Practice other good health habits.
Get plenty of sleep, be physically active, manage your stress, drink plenty of
fluids, and eat nutritious food. There is no vaccine available at this time for the
current outbreak of the Swine Flu virus, so it is important for people living in the
affected areas to take steps to prevent spreading the virus to others. If people
are ill, they should stay at home and limit contact with others, except to seek
medical care. Healthy residents living in these areas should take the everyday
preventive actions listed above. People who live in these areas who develop an
illness with fever and respiratory symptoms, such as cough and runny nose, and
possibly other symptoms, such as body aches, nausea, or vomiting or diarrhea,
should contact their health care provider. Their health care provider will
determine whether influenza testing is needed.