

What You Can Do to Help Prevent the Flu

- Get a seasonal flu shot.
- Wash your hands often with soap and water, especially after you cough or sneeze. Wash them for about 30 seconds (long enough to sing “Happy Birthday” twice). Alcohol-based hand cleaners are also effective.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you don’t have a tissue, use your sleeve, not your hands.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.



Don't Let the Flu Run You Down

www.summitflu.org