

PREVENTING THE FLU

The single best way to help prevent the flu is to get a flu shot each fall.

However, following these simple tips recommended by the Department of Health Services can also help prevent the spread of the flu.

- ❖ Wash your hands with soap and warm water or hand sanitizer frequently. Avoid touching your eyes, nose, or mouth.
- ❖ Cover your mouth when coughing or sneezing. If you do not have a tissue, cough into your upper sleeve, not your hands.
- ❖ Stay home from work or school and avoid public activities if you are sick to avoid the spread of germs.
- ❖ Do not share items that can spread germs and viruses, like drinking cups, straws, toothbrushes, or other items you put in your mouth
- ❖ Clean things that are touched often such as phones, doorknobs, refrigerator handles, and water faucets.
- ❖ Stay healthy by eating healthy foods, drink plenty of water exercise regularly.

REMEMBER: You can't get the flu from the flu shot.

To learn more visit: <http://www.dhs.ca.gov/ps/dcdc/izgroup/flu.htm>