

## **PREVENTING THE FLU**

The single best way to help prevent the flu is to get the flu shot each fall. For this year the CDC recommends that all students receive the seasonal flu vaccine and the H1N1 vaccine.

The following simple tips also help prevent the spread of the flu.

- Wash your hands with soap and warm water or hand sanitizer frequently. Avoid touching your eyes, mouth or nose
- Cover your mouth when sneezing or coughing. If you do not have a tissue, cough into your upper sleeve, not your hands
- Do not share items that can spread germs and viruses, like drinking cups, utensils, toothbrushes or food.
- Stay home from school or work and avoid public activities if you are sick.
- Keep your immune system healthy by eating nutritious foods, drinking plenty of water, getting enough exercise and sleep

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