

Personal Steps to Preventing the Flu

Use good health habits to help prevent the flu. Some important ones are:



Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Remember to properly dispose of your used tissues. And wash your hands with soap and water or use alcohol-based hand gel immediately after.

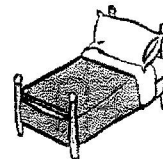
Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

It is important to **stay home from work, school, errands, sporting events, activities and group gatherings when you are sick.** You will help prevent others from catching your illness. Call your doctor if your symptoms last a long time or get worse over time.



Washing your hands 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.



Get adequate sleep. Lack of sleep (rest) reduces your body's resistance to the flu.

Drink lots of water. Catching the flu becomes more likely when you are dehydrated.



In addition, to drinking water, **eat five or more servings of fruits and vegetables daily** and always eat breakfast. Good nutrition is an excellent way to keep your body resistant to the flu.



Take a multi-vitamin daily and, if your health care provider approves, take additional vitamin C if you don't think you're getting enough in your diet.

Don't Smoke. Smoking lowers your body's resistance to disease and causes damage to your lungs and respiratory system.



OSDH 8/09



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