Preventing the Flu

Good Health Habits Can Help Stop Germs

Listed below are 6 easy steps that should be made a part of our everyday lives.   The practice of these 6 steps will help reduce and /or prevent the transmission of disease.

1.   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.

2.   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.

3.   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.

4.   Wash your hands often.

Washing your hands and the hands of your children often will help protect you from germs. If soap and water are not available, alcohol−based hand sanitizers may be used.

5.   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.

6.   Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

If you or your child develops 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, you should contact your health care provider. Your health care provider will determine whether influenza testing is needed.