

Flu/Cold Season Prevention Recommendations

Clean Your Hands Often. When available, wash your hands with soap and warm water for at least 20 seconds. When soap/water are not available, you may use alcohol-based gel sanitizers.

Practice Good Health Habits. Eat nutritious food, exercise regularly, and get plenty of sleep. Practicing healthy habits will help you stay healthy during flu season and all year long.

Avoid Touching Your Eyes, Nose or Mouth. Germs are often spread when a person touches something that is contaminated with germs, and then touches their eyes, nose or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks and tables.

Cover Your Mouth And Nose When You Sneeze/Cough. Use a tissue to cover your mouth and nose when you sneeze or cough. When tissues are unavailable, cough/sneeze into your upper sleeve - not your hands.

Avoid Close Contact With People Who Are Sick. When you are sick, keep your distance from others to protect them.