

Protect Yourself and Others from Influenza

Influenza is caused by viruses, and is generally spread when an infected person coughs or sneezes. Here are six simple, common sense precautions that can help safeguard everyone's health:

- 1. Stay home when you're sick or have influenza symptoms.** Get plenty of rest and check with a health care provider as needed.
- 2. Avoid close contact with people who are sick.** If you are sick, keep your distance from others to protect them from getting sick.
- 3. Cover your mouth and nose with a tissue when coughing or sneezing, and throw the tissue away immediately.** It may prevent those around you from getting sick.
- 4. Wash your hands.** Washing your hands often will help protect you from getting sick. When soap and water are not available, use alcohol-based disposable hand wipes or gel sanitizers.
- 5. Avoid touching your eyes, nose or mouth.** You can become ill by touching a surface contaminated with germs and then touching your eyes, nose or mouth.
- 6. Practice other good health habits.** Get plenty of sleep, be physically active, manage stress, drink plenty of fluids, eat nutritious foods, and avoid smoking, which may increase the risk of serious consequences if you do contract the flu.