



How to Stay Healthy This Flu and Cold Season

- **Wash your hands**
Wash your hands with soap and warm water for at least 20 seconds.
- **Avoid close contact**
Avoid close contact with people who are sick.
- **Stay home**
Stay home from work when you are sick and keep sick children home.
- **Cover your nose and mouth**
Cover your nose and mouth with a tissue or the crook of your arm when coughing or sneezing.
- **Avoid touching**
Avoid touching your eyes, nose or mouth. Germs often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth. Germs that have entered the body may than make the person ill.

If you do get sick, help *yourself* feel better by doing the following:

- Stay home until you are symptom free
- Drink plenty of fluids
- Get plenty of sleep
- Use over-the-counter medications to relieve your symptoms

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