

Flu Prevention Quick Tips

The power of prevention is yours.

Wash and sanitize hands.

Wash your hands often with soap and warm water. Alcohol-based sanitizers are also effective.



Cough or sneeze into a tissue or your elbow.

Avoid coughing or sneezing into your hands. Illness-causing germs can be spread through touch.



Watch out for germ hot spots.

Since germs can live on frequently touched surfaces, disinfect them often.



Stay home if you're sick.

The CDC recommends that you stay home if you are sick and limit contact with others to keep from infecting them.



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