



HEALTHY HABITS TO PREVENT THE FLU

The best way to reduce the risk of seasonal flu and potentially serious complications is to get vaccinated, although there are other preventative actions you can take to keep you and your family healthy.

1. Avoid close contact with others when sick.
2. Stay home when you are sick. If possible, stay home from work, school, and errands.
3. Cover your mouth and nose when coughing or sneezing.
4. Wash your hands often. This will help protect you from germs.
5. Avoid touching your eyes, nose and mouth.
6. Take steps for cleaner air, such as using a HEPA air purifier.
7. Practice good hygiene and other healthy habits.



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