



## Preventing the Flu

# Good Health Habits Can Help Stop Germs

### 1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too. Do not share drinks, utensils, cigarettes, etc.

### 2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Remain out until your temperature returns to normal for 24 hours.

### 3. Cover your mouth and nose.

When coughing or sneezing, cover your mouth and nose with a tissue or your inside elbow. It may prevent those around you from getting sick.

### 4. Clean your hands.

Washing your hands often will help protect you from germs.

### 5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

### 6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

INFO. LINKS: [www.uri.edu/news/h1n1](http://www.uri.edu/news/h1n1) and [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) and [www.health.uri.edu](http://www.health.uri.edu)

Source: <http://www.cdc.gov/flu/protect/habits.htm> 5/1/09, rev 8/5/09