

Preventing the Flu: Good Health Habits Can Help Stop Germs

According to the Center for Disease Control and Prevention Web site (www.cdc.gov), here are a few things you can do to prevent the spread of the flu:

1. **Cover your mouth and nose.** Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
2. **Clean your hands.** Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
3. **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.
4. **Avoid close contact.** Try to avoid close contact with sick people. When you are sick, keep your distance from others to protect them from getting sick too.
5. **Stay home when you are sick.** If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
6. **Practice other good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.