

Protect Yourself From: **The Flu**



Healthy habits help keep your family well.

Cover your mouth and nose

Use a tissue when you cough or sneeze and dispose of it.

Clean your hands often

Hand washing helps stop the spread of the germs.

Alcohol based gels and wipes also work well.

Avoid close contact

Avoid close contact with people who are sick.

If you are sick, keep your distance from others - try to stay at home.

Avoid touching your face.

Your hands often spread germs from contaminated objects to your eyes, nose or mouth.

For more information:

<http://cdc.gov/flu/>