

Personal Steps to Preventing the Flu

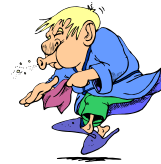
There are good health habits that can help prevent the flu. These are:

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick to.



If possible, **stay home from work, school, and errands when you are sick.** You will help prevent others from catching your illness. Call your doctor if your symptoms last a long time or get worse over time.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Remember to properly dispose of your used tissues.



Wash your hands often to help protect you from germs.

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.



Get adequate sleep. Lack of sleep (rest) reduces your body's resistance to the flu.

Drink lots of water. Catching the flu becomes more likely when you're dehydrated.



In addition to drinking water, **eat five or more servings of fruits and vegetables daily** – and always eat breakfast. Good nutrition is an excellent way to keep your body resistant to the flu.

Don't smoke. Smoking lowers your body's resistance to disease and causes damage to your lungs and respiratory system.



Exercise. Activities that increase your heart rate, such as walking, biking, and swimming are excellent ways to keep your body resistant to disease.