

# Top 10 Ways to Avoid Flu!



- 1. Get a flu shot.** Getting vaccinated is the single best way to keep yourself from getting flu — and spreading it to other people.
- 2. Don't care for shots? Try the nasal spray vaccine.** An option over the shot is a nasal spray vaccine. The nasal spray vaccine is recommended for healthy individuals age 5 to 49. It is equally effective and also widely available.
- 3. Wash your hands often.** Especially before and after eating and after using the bathroom. Also, after coughing and sneezing.
- 4. Cough or sneeze into your arm or sleeve, not your hands.** Flu virus is spread by coughing and sneezing. You should sneeze or cough into the crook of your arm so your hands do not get contaminated.
- 5. If you feel sick, stay home.** Do not go to work or school if you've got the flu — or any other respiratory illness — stay home.
- 6. Carry hand sanitizer as a backup.** Carry gel hand sanitizer or alcohol-based disposable hand wipes to use when you can't get to the sink.
- 7. Wipe down public items.** For those items around the home or office that everyone uses— like telephones and doorknobs — rub them down periodically, as well as before and after use.
- 8. Avoid infecting yourself.** On the chance that you have virus on your hands, try not to touch your eyes, nose, or mouth unless you know your hands are perfectly clean.
- 9. Pay attention to your overall health.** Make sure you're getting enough sleep, maintaining a healthy diet and managing stress. The better you take care of yourself, the better your body will be able to fend off flu and other viruses.
- 10. Your doctor may recommend anti-viral medication.** Medications are available by prescription that may help to prevent flu if taken regularly, or to lessen flu symptoms if you have already been infected.