

FLU PREVENTION

The following things can be done to help prevent the spread of flu or flu like symptoms:

➤ **HAND WASHING**

Washing your hands often will help protect you from germs. Hand-sanitizers are helpful when hand washing is not possible, however, this should NEVER take the place of hand washing.

➤ **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.

➤ **STAY HOME WHEN YOU ARE SICK**

If possible, stay home from work, school, and errands when you are sick. You will prevent others from catching your illness.

➤ **COVER YOUR MOUTH AND NOSE**

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

➤ **AVOID TOUCHING YOUR EYES, NOSE AND/OR MOUTH**

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

➤ **GOOD HEALTH**

Try to stay in good health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

GO TO OUR WEB SITE: www.northraleighfamilymedicine.com FOR MORE INFORMATION AND UPDATES ON THE FLU.