

# Quick Tips During Cold and Flu Season

## Hand Hygiene



Wash your hands often with soap and warm water. Alcohol-based sanitizers are also effective.

## Clean and Disinfect High Touch Surfaces



Illness-causing germs can live on frequently touched surfaces for hours to even days, clean and disinfect high touch surfaces often.

## Get Vaccinated



The single best way to help prevent getting the flu virus is to get vaccinated. It is easy, low-cost, and can help save lives.

## Cover Your Mouth and Nose



Avoid coughing or sneezing into your hands. Use a tissue or elbow if possible. Germs can be spread through a simple touch.

## Stay Home When You Are Sick



Take care of yourself. If you're sick, stay home. The CDC recommends that you stay home and limit contact with others to keep from infecting them.

## Practice Healthy Habits



Get plenty of sleep, be physically active, manage stress, drink plenty of fluids and eat nutritious food. Germs won't have a chance.

For More Information, visit <https://www.cdc.gov/flu/prevent/prevention.htm>

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