

# It's Up To You To Stop The Flu

Ok, so there is a shortage of flu vaccine this year. But did you know that vaccines aren't the only way you can keep from getting the flu? In fact, some preventive measures may sound quite familiar. You may also be surprised to realize how effective they can be.

## Achoo!

- Cover your mouth and nose with a tissue when you cough or sneezing. When you have finished, throw the tissue away.
- Wash your hands every time you cough or sneeze.

### Isn't There Anything Else I Can Do?

- Yes! Wash your hands. If you don't, germs can get into your mouth, nose, eyes, cuts and scrapes and even your food and make you sick.
- Washing your hands also helps you keep from bringing illness home to your family. Plus, if you do get sick, it will help prevent passing your illness on to them.
- When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used.



It's up to you!



### Some things you don't want to share

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.



### Remember...

- Germs can be spread at school too. Be sure to remind your children to practice healthy habits.
- Getting plenty of sleep, engaging in physical activity, managing stress, drinking water, and eating healthy food will help you not only stay well this winter but all year as well.