

# It's Up To You To Stop The Flu

## Achoo!

- Cover your mouth and nose with a tissue when you cough or sneeze. When you are done throw the tissue away.
- Clean your hands every time you cough or sneeze.



### ***Come on! Is hand washing REALLY that important?***



- **Yes!!** Germs are on everything. If you do not clean your hands, germs can get into your mouth, nose, eyes, cuts and scrapes and even your food and make you sick.
- If soap and water are not available, use alcohol-based disposable hand wipes or gel sanitizers.

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

- Avoid close contact with people who are sick.
- If possible, stay home when you are sick.
- Do not share food, eating utensils, drinking glasses, towels or other personal items with others. You may find that you have shared more than you intended... Germs!



### ***Anything else?***

- Getting plenty of sleep, physical activity, water and healthy food will help you stay well not only for the flu season but all year long.



For more information, visit [www.hcphe.org](http://www.hcphe.org) or [www.cdc.gov/flu](http://www.cdc.gov/flu)

**Sources:** Centers for Disease Control and Prevention, Department of Health and Human Services, Food and Drug Administration