

Flu Guidance

- **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 help 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.
- **Clean your hands** - Washing your hands often will help protect you from germs.
- **Avoid touching your eyes, nose or mouth** - Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- **Practice other good health habits** - Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.