

What You Can Do to Stay Healthy

There are everyday actions people can take to stay healthy.

- ✓ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- ✓ Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- ✓ Avoid touching your eyes, nose or mouth. Germs spread that way.

Try to avoid close contact with sick people.

- ✓ Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- ✓ If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.