



## **SAFETY ALERT** **2018-10**

### *Good Health Habits-Preventing the Flu*

The single best way to prevent seasonal flu is to get vaccinated each year. Good health habits like covering your cough and washing your hands can help stop the spread of germs and prevent respiratory illnesses like the flu.

The following recommendations can help stop the spread of germs:

1. Avoid close contact.
  - a. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick.
2. Stay home when you are sick.
  - a. If possible, stay home from work and running errands when you are sick. This will help prevent spreading your illness to others.
3. Cover your mouth and nose.
  - a. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
4. Clean your hands.
  - a. Washing your hands often will help protect you from germs. If soap and water are not available, use a hand sanitizer or alcohol-based rub.
5. Avoid touching your eyes, nose or mouth.
  - a. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.
6. Practice other good health habits.
  - a. Clean and disinfect frequently touched surfaces at home or work, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

Eating well and exercising, as well as getting immunizations, exams and regular visits to your doctor go a long way toward staying healthy.