

# Flu Season is Here!

## Prevention Tips to Avoid Getting Sick

The cooler months are here and that means influenza (flu) season is here, too. The flu is caused by viruses that infect your nose, throat and lungs. It's easily spread from person to person, so be sure to follow these tips to protect yourself and your family:



**Wash your hands frequently**



**Keep your home and office clean and disinfected**



**Get a flu vaccination**



**Know when to stay home from work or school**



# Healthy Habits Can Reduce Your Risk of Getting Sick:



## Wash your hands frequently

Proper hand washing can prevent the spread of colds, flu and other common illnesses. The Centers for Disease Control suggests using this technique when washing your hands: Wet your hands with clean running water and apply soap. Rub your hands together to make a lather and continue rubbing hands for 20 seconds. Rinse well under running water.

### Stay healthy this season by washing your hands in these instances:

1. After sneezing or coughing
2. After handling pets
3. Before eating or touching food
4. After using the bathroom/toilet
5. When they are filmy, sticky or visibly dirty



## Disinfect Your Home and Office

It's important to keep your home and workplace clean and disinfected to avoid spreading germs. Cleaning with soap and water removes dirt and most germs, but disinfecting actually kills germs.

Use antibacterial wipes to kill germs from commonly used spaces in your home or office. Examples include countertops, faucet handles, doorknobs, desktops, phones, computer screens and keyboards.



## Get a Flu Vaccine

Everyone six months and older should get a flu vaccine. It's especially important for certain people to get the vaccine, including:

- People with certain medical conditions, like asthma, diabetes and chronic lung disease,
- Pregnant women,
- People ages 65 and older, and
- People who live with or care for those at high risk of developing serious complications, such as caregivers of people with certain medical conditions, including asthma, diabetes and chronic lung disease.

Even if you've received a flu vaccine in the past, you should get one each year. That's because flu viruses are always changing and it's possible that a new flu strain will appear each year. By getting a vaccination each year, you are getting the best protection.



## Know When to Stay Home

If you have symptoms of the flu, stay home from school or work until you are fever-free (without the help of fever-reducing medicine) for at least 24 hours.