

# Habits to Prevent the Flu



## Wash Your Hands

Washing your hand often will help protect you from germs. Wash with soap and warm water for at least 20 seconds.



## Cover Your Mouth and Nose

Cover your mouth and nose when you sneeze or cough. This can help keep any germs and viruses from spreading to those nearby.



## Avoid Close Contact

Avoid close contact with people who are sick. When you are sick, also avoid close contact with those around you.



## Stay at Home

When possible, stay home from work, school, and errands when you are sick. This will help prevent the spread of any illness you may have.



## Avoid Touching Your Face

Avoid touching your face, especially your eyes, nose, and mouth. Germs can easily spread when you touch your face.



## Disinfect and Clean Surfaces

Clean and disinfect surfaces that are touched often at work, home, and school. This is especially important when someone is sick.

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