

WHAT YOU CAN DO TO HELP PREVENT THE FLU!

Wash your hands with soap and water after using the bathroom, smoking, eating, petting animals, touching money or whenever they are dirty. If soap and water is not available, use a 60% alcohol based hand sanitizer.



Keep your hands away from your eyes and mouth. Germs can enter your body this way and make you sick.



Sneeze or cough into your sleeve or a tissue. Germs can be spread to others when you sneeze or cough into your hands and then touch surfaces.



Don't smoke! Smoking puts you at greater risk for flu and pneumonia and spreads germs to others when you exhale.



Get a flu vaccine every year. Everyone 6 months and older should get vaccinated against the flu every year. It just takes a few minutes to keep you from getting sick!



Stay home if you have a fever, flu-like symptoms, vomiting or diarrhea. Keep your germs to yourself! Do not send ill children to school. Call your doctor if you have concerns.



ALSO

eat healthy foods, exercise and get plenty of sleep!

www.llhd.org

LLHD
Ledge Light Health District

860.448.4882