



Good Health Habits for Flu Prevention ***(Centers for Disease Control and Prevention)***

- **Avoid close contact**
 - With people who are sick ... When you're sick, keep your distance too
- **Stay home when you are sick**
 - If possible, stay home from work, school and errands when sick
- **Cover your mouth and nose**
 - Cover your mouth and nose with a tissue when coughing or sneezing
- **Clean your hands**
 - Washing your hands often will help protect you / others from germs
- **Avoid touching your eyes, nose or mouth**
 - Germs spread when a person touches something contaminated with germs and then touches his or her eyes, nose or mouth



Influenza Prevention for Professionals ***(Centers for Disease Control and Prevention)***

- **Prevention / control**
 - **In health care facilities**
 - <http://www.cdc.gov/flu/professionals/infectioncontrol/healthcarefacilities.htm>
 - **In child care settings**
 - <http://www.cdc.gov/flu/professionals/infectioncontrol/childcaresettings.htm>
 - **Other guidelines, resources**
 - <http://www.cdc.gov/flu/professionals/infectioncontrol/index.htm>