

Preventing the Flu: Good Health Habits Can Help Stop Germs

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

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Don't send a sick child to school or child care.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Cough into your elbow if you don't have a tissue.

4. Clean your hands.

Washing your hands often will help protect you from germs. Alcohol-based hand cleaners are also effective. Wash your hands after dealing with money, ID Cards, ATMs and shopping carts.

5. Avoid touching your eyes, nose or mouth.

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.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

7. Be Army Ready.

Be prepared in case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, alcohol-based hand rubs, tissues and other related items might be useful and help avoid the need to make trips out in public while you are sick and contagious.

8. Call the Hohenfels H1N1 Hotline.

For questions call the Hohenfels H1N1 Hotline at DSN 466-H1N1 or commercial 09472-83-H1N1.