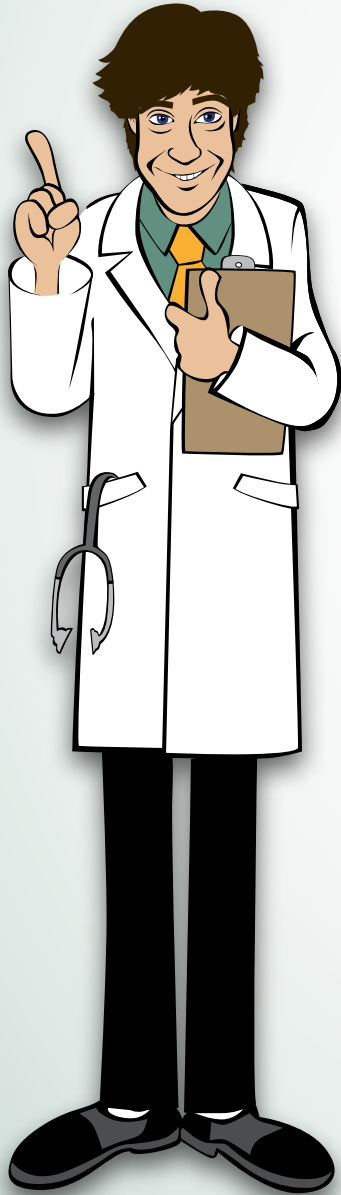


Personal Steps to Preventing the Flu



There are good health habits that can help prevent the flu. These are:

- **Avoid close contact with people who are sick.** When you are sick, keep your distance from others to protect them from getting sick too.
- **If possible, stay home from work, school, and errands when you are sick.** You will help prevent others from catching your illness. Call your doctor if your symptoms last a long time or get worse over time.
- **Cover your mouth and nose with a tissue when coughing or sneezing.** It may prevent those around you from getting sick. Remember to properly dispose of your used tissues.
- **Wash your hands often** to help protect you from germs.
- **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 eyes, nose, or mouth.
- **Get adequate sleep.** Lack of sleep (rest) reduces your body's resistance to the flu.
- **Drink lots of water.** Catching the flu becomes more likely when you're dehydrated.
- **In addition to drinking water, eat five or more servings of fruits and vegetables daily – and always eat breakfast.** Good nutrition is an excellent way to keep your body resistant to the flu.
- **Don't smoke.** Smoking lowers your body's resistance to disease and causes damage to your lungs and respiratory system.
- **Exercise.** Activities that increase your heart rate, such as walking, biking, and swimming are excellent ways to keep your body resistant to disease.

