

Be a Flu Fighter



Knock out the Flu with these Simple Tips!

As with any infectious disease, the Centers for Disease Control and Prevention (CDC) recommends that people should take everyday preventive actions. Good health habits can help stop germs!

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.

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.

4. Clean your hands.

Washing your hands often will help protect you from germs.

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.

For more information, please call Delaware County Intercommunity Health Coordination at 610.891.5311 or visit www.co.delaware.pa.us, www.H1N1inpa.com, www.cdc.gov/h1n1flu or www.flu.gov.