

# HOW TO PREVENT SPREADING THE FLU



**Christ Community**  
HEALTH SERVICES



With cold and flu season right around the corner, keep in mind these tips on how to stay healthy!



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## GET VACCINATED

Health experts say getting vaccinated is the single most important thing you can do to prevent the flu. There are now four main types of seasonal flu vaccine. The Centers for Disease Control and Prevention (CDC) Trusted Source recommends that everyone 6 months and older who hasn't had a previous bad reaction or doesn't have egg or mercury allergies get a flu vaccination.

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## COVER COUGHS AND SNEEZES

Flu germs are believed to spread through droplets from the mouth and nose. Use a tissue to cover your mouth and nose when you cough or sneeze. Make sure to throw the tissue away immediately and wash your hands straight away. If there's no tissue handy, cough or sneeze into the crook of your elbow.

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## AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH

According to the CDC Trusted Source, flu germs can live for two to eight hours on hard surfaces. That's why it's so easy to pick up flu germs without knowing it. You can get infected if you touch an infected doorknob or light switch and then rub your eyes or bite your nails.

4

## WASH YOUR HANDS

Clean hands are happy hands! For it to be effective, make sure you and your family follow these steps:

1. Run warm water over your hands.
2. Add soap.
3. Scrub for at least 20 seconds.
4. Rinse and dry.

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## PRACTICE HEALTHY HABITS

Don't forget the power of a healthy lifestyle to fight off sickness. The following tips can go far in keeping your immune system healthy and your family well this flu season:

- Get plenty of sleep.
- Eat well, with lots of vegetables and fruits.
- Drink lots of fluids.
- Exercise regularly.
- Manage your stress.

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## CLEAN YOUR HOME

Flu germs and viruses love to lurk on items you touch every day. Here are some hot spots for germs: kitchen sponges, dish cloths, cutting boards, home desks, floors, sinks, and toilets. Clean and disinfect these hot spots regularly. You can microwave your kitchen sponge for one minute on a high setting to zap germs.

**TO MAKE YOUR NEXT APPOINTMENT, PLEASE CALL: (901)842-3160**

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