

Here are everyday actions you can do to stay healthy



- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.



- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners also work.



- Do not touch your eyes, nose or mouth - that's how germs are spread.
- Avoid close contact with sick people. The flu goes from one person to another when sick people cough or sneeze.
- If you are sick, please stay home and limit contact with other people.

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1/11/13 - CDC recommendations are subject to change.

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