

FLU PREVENTION

Protect yourself from the flu at home and work. You can help prevent the spread of germs by understanding how they multiply and take precautions to stay healthy.



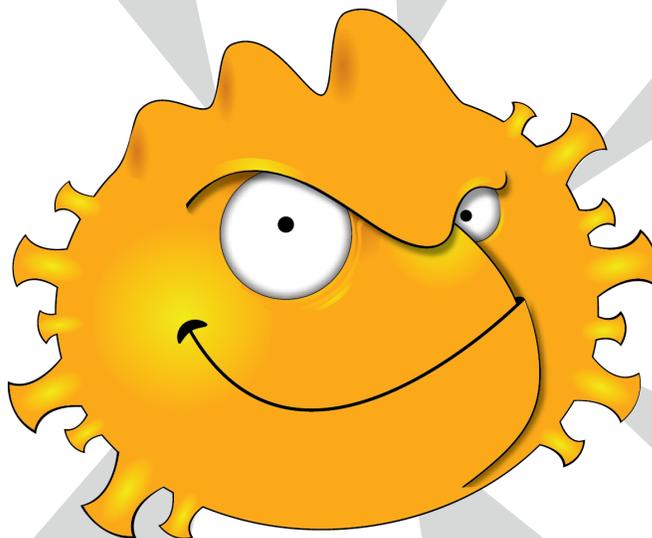
Get plenty of sleep.



Exercise regularly!
At least 30 minutes a day.



Wash hands frequently with
warm, soapy water for at least
15 seconds.



Stay hydrated!
Drink a lot of fluid.



Take good care of your
body! Eat healthy meals
and snacks.



Cover your mouth with
your arm when you sneeze
or cough!



Keep germs out! Avoid
touching your eyes, mouth,
or nose.

If you get the flu: stay home, get plenty of rest, and visit your doctor.

TIPS TO AVOID INFECTION

STOP THE SPREAD OF INFLUENZA

1

Visit your doctor!

If you are experiencing any flu like symptoms, you should see your doctor. Only your health practitioner can diagnose your particular strain of the flu and will know how to properly treat it.

2

Do not risk it!

If you are experiencing influenza (flu) like symptoms, simply stay home. Since these symptoms mirror regular cold and flu symptoms, it is better to be safe than sorry.

3

Cough the right way!

Yes, there is a proper way to cough or sneeze to prevent spreading germs. Cough or sneeze into the inside of your elbow! This avoids spreading germs into your hands and on everything you touch.

4

Wash hands regularly.

Just like we learned in grade school, washing your hands several times a day will help to prevent the spread of bacteria and germs. Reminder that whatever you touch could be infected.

5

Hand sanitizer is the answer!

Have a tube of hand sanitizer with you at all times. A little can go a long way and it will help you continually clean and disinfect your hands.

6

Public places means extra precaution!

Door handles, countertops, magazines, and even ink pens are breeding grounds for germs. Avoid touching them when possible or wash your hands right after.

7

Be cautious on airplanes, trains, and buses.

The close quarters of an airplane are where germs, such as the swine flu can lurk. Many drug stores have preventative vitamins to build your immune system before getting in a populated area (i.e., public mall, school, airplanes, etc).

8

Wash fruit and vegetables.

Purchase your vegetables locally. Wash them entirely with water, soaking them if necessary. Although most times your fruit or vegetables are already rinsed, wash them again to be certain.

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