



TARRANT COUNTY PUBLIC HEALTH

Everyday Action to Prevent the Spread of Flu

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.**

The CDC recommends you stay home from work, school, and errands when you are sick and limit contact with others to keep from infecting them.

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. Alcohol-based hands cleaners are also effective.

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.