
FLU PREVENTION

3 steps that can help you reduce your risk

Wash Your Hands:

To wash your hands well, use warm running water and soap. Lather your hands with the soap and scrub them together for at least 20 seconds before rinsing them off.

Wash your hands frequently. Be sure to wash your hands after using the bathroom, before preparing or eating any food, and after you've come in contact with any contaminated surfaces.

Avoid Contamination:

If you're in an area with lots of germs, avoid touching your mouth, eyes, and nose. Touching those areas after touching a contaminated surface is one of the fastest ways to spread germs. And keep your surfaces clean. Wash regularly-touched objects like door handles often.

Get a Flu Shot!

According to Flu.gov, "Vaccination is the best way to protect yourself from the flu." The Centers for Disease Control and Prevention (CDC) agree, stating, "a yearly flu vaccine [is] the first and most important step in protecting against flu viruses."

So here's what you need to know about the flu vaccine. You need to get one every year, before or during the start of flu season. The CDC recommends getting this shot as soon as it becomes available in your area. The vaccine is generally safe for everyone over the age of 6 months, and the benefits are significant. They include a decreased number of school/work absences due to illness and a lower risk of flu-related deaths.

