## department of human services HS

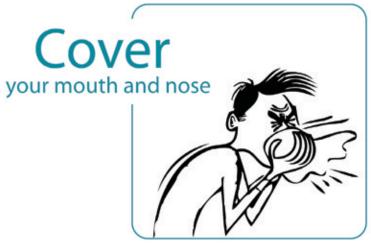
## Things To Do To Prevent The Flu



When you are sick, keep your distance from others to protect them from getting sick too.



You will help prevent others from catching your illness.



Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.



Washing your hands often will help protect you from germs.



Our hands carry lots of germs which can enter our bodies if we touch our eyes, nose, or mouth.



Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

