



# Practice Good Health Habits

Even healthy people can get the flu. Help stop the spread of germs and prevent respiratory illnesses by developing good health habits.

- **Cover your cough with a tissue or your arm.**
- **Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.**
- **Avoid close contact with those who are sick. When you are sick keep your distance from others to protect them too.**
- **Keep your immune system working at its full potential:**
  - Drink plenty of fluids
  - Eat nutritious foods
  - Get plenty of sleep
  - Be physically active



For more information,  
contact the Flu Coordinator at:

**For more information and facts about the flu visit:**

<http://www.cdc.gov/flu/about/>