

# Stop the Spread of Influenza!

## Tips for Patients

The single best way to prevent influenza is to get vaccinated each year, but healthy habits and other measures can also help.

### 1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance (at least 3 feet) from others to protect them from getting sick, too.

### 2. Stay home when you are sick.

Stay home from work or school when you are sick and do not return until you have been free of fever for 24 hours. This will help to prevent others from catching your illness.

### 3. Cover your mouth and nose.

Cover your mouth and nose with a tissue or sleeve when coughing or sneezing. Throw the used tissues away in a trash can.

### 4. Avoid touching your nose, eyes 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.

### 5. Clean your hands.

Washing your hands often will help protect you from germs.

