

# Preventing the Flu:

## Good Health Habits Can Help Stop Germs

### Fact Sheet

#### 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.**

Stay home from work, school, and errands when you are sick. Keep sick children at home. You will help prevent others from catching the illness.

#### 3. **Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. Throw the tissue in the trash after you use it.

#### 4. **Wash your hands often.**

Washing your hands and the hands of your children often will help protect you from germs.

#### 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.

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There is no vaccine available at this time for the current outbreak of the Swine Flu virus, so it is important for individuals to take steps to prevent spreading the virus to others. If you are ill, stay at home and limit contact with others, except to seek medical care. Healthy residents should take the everyday preventive actions listed above.

Anyone who becomes ill with fever and respiratory symptoms, such as cough and runny nose, and possibly other symptoms, such as body aches, nausea, vomiting, or diarrhea, should contact their health care provider, who will determine testing and treatment options.

#### **Additional Resources:**

**Dutchess County** - 845-486-3402

**New York State** hotline - 1-800-808-1987

**Centers for Disease Control and Prevention (CDC)** phone line - 1-800-CDC-INFO

#### **Websites:**

**Dutchess County** - [www.dutchessny.gov](http://www.dutchessny.gov)

**Centers for Disease Control and Prevention** - <http://www.cdc.gov/swineflu>

**New York State Department of Health** - [http://www.health.state.ny.us/diseases/communicable/influenza/seasonal/swine\\_flu/index.htm](http://www.health.state.ny.us/diseases/communicable/influenza/seasonal/swine_flu/index.htm)