

# Protecting yourself from flu

*Advice from the U.S. Centers for Disease Control and Prevention:*



**Wash your hands**  
often to remove germs

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**Avoid touching**  
your eyes, nose, mouth

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**Cover your nose, mouth**  
with a tissue when  
sneezing, coughing

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**Eat healthy foods,** drink  
plenty of water, get  
enough sleep, exercise

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**Avoid close contact**  
with sick people; if you  
or your children get  
sick, stay home

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Source: U.S. Center for Disease Control  
and Prevention