

Franklin County Public Health

Preventing the Flu: Good Health Habits Can Help Stop Germs

It is important to note that ordinary **seasonal flu**, which has symptoms similar to **swine flu**, is still active in New York State. Precautionary measures for **both** seasonal flu and swine flu include the following.

The **single best way to prevent seasonal flu is to get vaccinated** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are **flu antiviral drugs** that can be used to treat and prevent the flu in the **first 24 to 48 hours**.

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.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Remember to Wash your hands after.

4. Clean your hands.

Washing your hands 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.

For more information regarding Swine Flu, visit the Center for Disease Control's web site at <http://www.cdc.gov/swineflu/investigation.htm>

The New York State Swine Flu Information

Hotline is 1-800-808-1987 or <http://www.health.state.ny.us/diseases/communicable/>