

# Personal Steps to Preventing the Flu

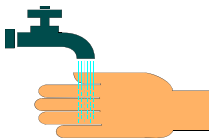
There are good health habits that can help prevent the flu. These are:



**Cover your mouth and nose** with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Remember to properly dispose of your used tissues.

**Avoid close contact with people who are sick.** When you are sick, keep your distance from others to protect them from getting sick too.

If possible, **stay home from work, school, and errands when you are sick.** You will help prevent others from catching your illness. Call your doctor if your symptoms last a long time or get worse over time.



**Washing your hands** often will help protect you from germs.

**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.

**Get adequate sleep.** Lack of sleep (rest) reduces your body's resistance to the flu.



**Drink lots of water.** Catching the flu becomes more likely when you are dehydrated.



In addition, to drinking water, **eat five or more servings of fruits and vegetables daily** - and always eat breakfast. Good nutrition is an excellent way to keep your body resistant to the flu.

**Take a multi-vitamin daily** and, if your health care provider approves, take additional vitamin C if you don't think you're getting enough in your diet.



**Don't Smoke.** Smoking lowers your body's resistance to disease and causes damage to your lungs and respiratory system.

**Exercise.** Activities that increase your heart rate, such as walking, biking, and swimming are excellent ways to keep your body resistant to disease.



OSDH 10/06



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