

Preventing H1N1 Flu: Good Health Habits Can Help Stop Germs

Fact Sheet

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 are also antiviral drugs that can be used to treat and prevent the flu.

1. Clean your hands.

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

2. 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. Throw the tissue in the trash after using it.

3. 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.

4. 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.

5. Stay home when you are sick.

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

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 additional information visit: www.cdc.gov/h1n1flu or www.ready.illinois.gov