

Vaccination is Not the Only Way to Prevent the Flu !

You can still protect yourself from the flu even if you are not included in one of the priority groups recommended for a flu shot this year. During the national shortage of flu vaccine, the following simple actions can stop the spread of germs and protect you from getting sick:

Avoid close contact:

Avoid close contact with people who are sick. When you are sick, keep your distance from others.

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.

Cover your mouth and nose:

Cover your mouth and nose with a tissue when coughing or sneezing. If you don't have a tissue available, cough or sneeze into your arm.



Clean your hands:

Wash your hands frequently. Washing with warm soap and water 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/her eyes, nose or mouth.

Other good habits, such as getting plenty of sleep, engaging in physical activity, managing stress, drinking water and eating healthy foods, will help you stay healthy in the winter and all year.

