Preventing Flu

- Have flu vaccination every autumn.

- Avoid close contact with people who have flu symptoms. 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.

- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

- Wash your hands often to help protect you from flu 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 their eyes, nose, or mouth.

- Your doctor may prescribe preventive antiviral medications which should be taken according to the doctor's directions, and only by the person for whom the antivirals were prescribed.

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