

# Other ways to THE FLU



If you don't get a flu shot this year, you can still protect yourself from the flu. Following these simple actions will help stop the spread of germs that make you sick:

## Avoid close contact.

Especially with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

## Stay home when you're 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.

Use a tissue or cover your mouth with your sleeve when you sneeze or cough. It may prevent those around you from getting sick.

## Keep your hands clean.

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.

Other good habits, such as **getting plenty of sleep**, engaging in **physical activity**, **managing stress**, **drinking water**, and **eating good food**, will help you stay healthy in the winter and all year. In addition, **antiviral medications** are available for influenza and can be used to prevent influenza and treat the flu if they are started in the first two days of an illness.



**Tarrant County Public Health**

*Safeguarding our community's health*

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