

Week 2- GERMS/ILLNESS:

Tips for reducing illness during flu/cold season:

Get Vaccinated-

The single best way to prevent the flu is to get a flu vaccine each season. The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. There are several flu vaccine options for the 2017-2018 flu seasons.

Good Health Habits:

- 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.
 - Stay home when you are sick.
 - If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
- Clean your hands.
 - 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 a surface or object that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Stop the Spread of Germs.
 - Healthy habits can protect everyone from getting germs or spreading germs at home, work, or school.
- Clean and disinfect surfaces or objects.
 - Cleaning and disinfecting surfaces and objects that may be contaminated with germs like the flu can help slow the spread of influenza.

Hand washing can help save lives:

<https://www.cdc.gov/handwashing/>