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Ways to Fight the Flu

1 Keep your hands clean.

Washing your hands often will help protect you from germs.

2 Cover your cough and your sneeze.

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

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.

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

5 Stay at 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.

6 Get vaccinated.

This is an important step toward fighting seasonal flu and H1N1. It helps protect you and others.

Fights H1N1 Flu



Fights Seasonal Flu



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