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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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