Do Your Part to Slow the Spread of Flu

You play an important role in protecting yourself, your family, and friends from flu. Flu spreads easily from person to person. It spreads mainly through droplets that come from a sick person's nose and mouth when they cough, sneeze, or talk. These droplets can travel up to 6 feet and land in the noses and mouths of people nearby or be inhaled into the lungs. It also can spread when you touch surfaces or objects that have flu germs on them and then touch your nose or mouth. Plan to stay home if you're sick. By practicing healthy habits, you will be doing your part to help prevent the spread of flu.

Take these actions to help slow the spread of flu:

Get vaccinated.

Stay home if you're sick.

- Keep your distance (6 feet or more) from others at home or if you have to leave (to visit the doctor's office).
- If you have a fever, stay home for at least 24 hours after your fever is gone without using medicine that lowers fever.

Cover your coughs and sneezes.

- Cover your nose and mouth with a tissue.
- Throw away used tissue when you're done.
- Use your sleeve or elbow if you don't have a tissue.
- Wash or sanitize your hands.

Wash your hands often.

- Wash with soap and water for at least 20 seconds (the time it takes to hum the "Happy Birthday" song twice).
- Use hand sanitizer with at least 60% alcohol if you don't have soap and water.
- Wash your hands before touching your eyes, nose, or mouth.

Clean frequently touched surfaces and objects.

- Use soap and water, a bleach and water solution, or products with a label that says "EPA-approved" to clean items, such as handrails and doorknobs.
- Always follow the directions on product labels.

www.cdc.gov/npi 1-800-CDC-INFO (232-4636) www.cdc.gov/info

TTY:888-232-6348

National Center for Emerging and Zoonotic Infectious Diseases

Division of Global Migration and Quarantine

CS244999C-6A