

Healthy Habits



the

FLU

Things you can do to protect yourself from the flu:

- Wash your hands often using soap and water or an alcohol-based cleaner.
- Cover your mouth and nose with a tissue when you sneeze. If you don't have a tissue, sneeze or cough into your sleeve.
- Always throw away used tissues.
- Try not to touch your mouth, nose and eyes.
- If possible, avoid contact with people who are sick.
- If you are sick, stay at home.
- If your children are sick, do not send them to school.
- Remind your children to practice healthy habits, too!

