

- Avoid close contact with sick people.
- If you are sick with a flu-like illness, you should stay home for at least 24 hours after your fever is gone, except to get medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.



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How to prevent the spread of influenza ?

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How to prevent the spread of influenza ?

Handwashing and covering your mouth when you cough, can help to prevent the spread of influenza

- Frequent handwashing with soap and water can help limit the spread of influenza. You can use alcohol-based hand sanitizers when soap and water are not available.
- Cover your mouth and nose while coughing or sneezing, and throw away dirty tissues immediately. Sneezing/coughing into the sleeve of your clothing (at the inner elbow) is another means of containing sprays of saliva and secretions and will not contaminate your hands.
- Avoid touching your eyes, nose, and mouth since germs spread this way.



Whether you are infected with the flu or are caring for someone with the flu, you should wash your hands frequently.

