

HEALTHY HABITS TO AVOID INFLUENZA

The best way to prevent influenza is to get in the habit of getting vaccinated every year. It is also important to protect yourself, your family and your co-workers with these simple steps to help stop the spread of germs.¹

Avoid close contact

Avoid close contact with people who are sick. When you are sick, avoid close contact with others to protect them from getting sick too.

Stay home when you are sick

If possible, stay home from work, school, day care and errands when you are sick. You will help to prevent others from catching your illness.

Cover your mouth and nose

. . . with a tissue when coughing or sneezing and put it in a rubbish bin. If you don't have a tissue, cover your mouth and nose as best you can.

Wash your hands often

Washing your hands often, especially after you cough or sneeze, will help stop germs from spreading.

Avoid touching your eyes, nose and mouth

Sickness is often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

Other ways to stay healthy during this influenza season and all year round:

- Get plenty of sleep
- Exercise regularly
- Drink plenty of fluids
- Eat nutritious foods
- Manage your stress levels

Reference: 1 Centre for Disease Control and Prevention. Preventing the flu: good health habits for prevention. <http://www.cdc.gov/flu/protected/habits.htm>. Accessed 1 July 2008.

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