

# Kent County Health Department Here's Your "Shot" at Flu Prevention



The single best way to prevent the flu is to get a flu shot each fall. The following tips can also help reduce your chances of getting sick.

## Wash your hands

One of the easiest and most important ways to avoid getting the flu is to wash your hands properly and often.

### How to wash your hands

1. Use warm water and liquid soap.
2. Lather all parts of the hands and rub briskly for 20 seconds. Be sure to include:
  - the backs of your hands
  - between your fingers
  - wrists
3. Use a brush or nail file to clean under your fingernails.
4. Rinse well under warm running water.
5. Dry hands with a paper towel or air dryer. Don't use a cloth towel.
6. Turn off the water using the paper towel instead of your clean hands.

### When should you wash your hands?

Always wash your hands **BEFORE** you:

- Touch or serve food
- Eat or drink
- Set the table
- Put in or take out contact lenses
- Treat a cut, scrape, burn or blister
- Take care of someone who is sick
- Take medication

Always wash your hands **AFTER** you:

- Go to the bathroom

- Help someone else use the bathroom
- Change a diaper (don't forget to wash the baby's hands too!)
- Cough, sneeze, blow your nose or wipe a child's nose
- Shake someone's hand
- Visit someone who is sick
- Take care of someone who is sick or injured
- Eat
- Handle garbage
- Touch an animal or clean up animal waste
- Use public transportation

### Avoid close contact

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

### Stay 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.

### Cover your mouth and nose

Cover your mouth and nose with a tissue when you cough or sneeze.

**OR**

Cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket. Wash your hands or use an alcohol-based hand cleaner.

### 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.