

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.