



Howard County Flu Line— (410) 313-6503
www.hchealth.org

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Prevent the Flu – Good Habits Help Stop Germs

1. **Avoid close contact when sick or when others are sick**

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



2. **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 getting sick.



3. **Cover your coughs and sneezes**

- Cover your mouth and nose with a tissue or inside of your elbow when you cough or sneeze. Make sure to put used tissues in the trash.

4. **Clean your hands**

- Wash your hands often with warm water and soap.
- Alcohol-based sanitizers like Purell also work.



5. **Avoid touching your eyes, nose or mouth**

- Prevent the spread of germs by not touching your eyes, mouth, and nose.



6. **Practice other good health habits**

- Get plenty of sleep, manage your stress, drink plenty of fluids, and eat nutritious food.