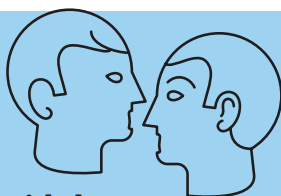




Preventing the Flu

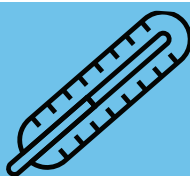
Good Health Habits

Good health habits can help stop the spread of germs and prevent respiratory illnesses, like the flu. While the single best way to prevent seasonal flu is to get vaccinated each year, you can take healthy steps to minimize your risk.



Avoid close contact

Try to avoid close contact with people who are sick. When you are sick, keep your distance to protect others.



Stay Home When You Are Sick

If possible, stay home from work, school and errands when you are sick.



Practice Good Habits

Clean and disinfect frequently touched surfaces at home, work or school. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious foods.



Clean Your Hands

Washing your hands with soap and water often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.



Avoid Touching Eyes, Nose or Mouth

Germs are often spread when a person touches a contaminated item then touches their eyes, nose or mouth.



Cover Your Mouth and Nose

Cover your mouth with a tissue when coughing or sneezing.

Questions?
Your VNA nurses can help.

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