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.

**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.

**Stay Home When You Are Sick**
If possible, stay home from work, school and errands when you are sick.

**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.

**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.

Questions?
Your VNA nurses can help.

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