



For Immediate Release
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Flu Prevention Tips

What can I do to protect myself against the flu?

By far, the single best way to prevent the flu is for individuals, especially people at high risk for serious complications from the flu, get a vaccination each fall.

What are other steps that can be taken to prevent the flu?

These are other good health habits that can help prevent the flu. These are:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- 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 with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Washing your hands often will help protect you from germs.
- 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.

What kills influenza virus?

Influenza virus is destroyed by heat. In addition, several chemical germicides, including chlorine, hydrogen peroxide, detergents (soap), iodophors (iodine-based antiseptics), and alcohols are effective against influenza viruses if used in proper concentration for sufficient length of time. For example, wipes or gels with alcohol in them can be used to clean hands. The gels should be rubbed until they are dry.