PREVENT THE FLU

Take steps to reduce your risk and stop the flu from spreading

Foster Healthful Habits:

The CDC highlights the importance of living a healthful life in order to reduce your risk of flu. They advise people to "Practice […] good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food."

Taking care of yourself before you get sick could reduce your chances of getting sick at all.

So follow the CDC's advice. Find ways to get plenty of sleep, which gives your immune system a boost. Exercise to help protect your immune system and make it function more effectively. Ease daily stress. And finally, eat a balanced diet. A healthful diet actually does offer protection from some diseases.

Stay Home If You're Sick:

If you think you've come down with the flu, you can still help prevent it from spreading to your friends and family by staying away from other people. The CDC advises "While sick, limit contact with others as much as possible to keep from infecting them. […] Stay home for at least 24 hours after your fever is gone [without the help of fever-reducing medications] except to get medical care or for other necessities."

Since the flu spreads through the droplets that are released when you cough or sneeze, use a tissue to cover your mouth whenever you sneeze or cough. Then dispose of that tissue quickly — don't leave it just lying around.

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