

What You Can Do To Avoid Influenza

AVOID close contact with sick people

STAY home when you are sick

COVER your mouth and nose when coughing or sneezing

WASH your hands often & properly

AVOID touching your eyes, nose, or mouth

Other ways to stay healthy during this influenza season and all year round:

Get plenty of rest

Exercise regularly

Manage your stress level

Drink plenty of fluids

Eat healthy foods



Hunterdon County Department of Health

Division of Public Health Preparedness & Epidemiology 2005