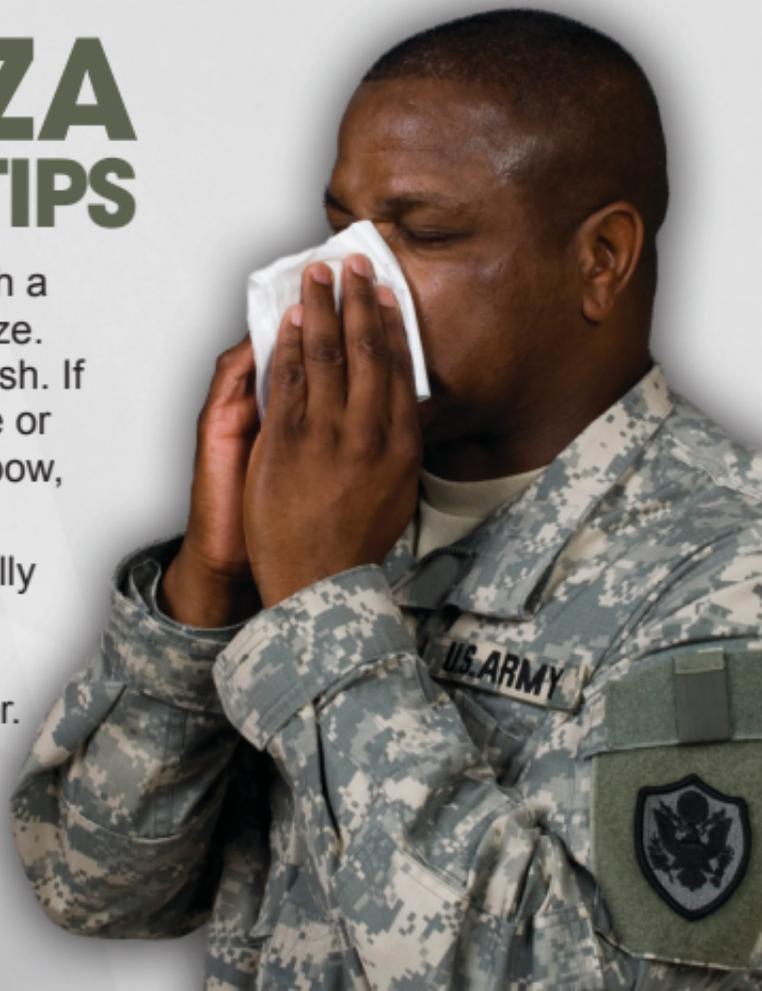


INFLUENZA PREVENTION TIPS

- » Cover your nose and mouth with a tissue when you cough or sneeze. Throw the used tissue in the trash. If a tissue is not available, sneeze or cough into the inside of your elbow, not your hand.
- » Wash your hands often especially after you cough or sneeze.
 - Use soap and water or
 - Use alcohol-based hand cleaner.
- » Avoid touching your eyes, nose or mouth.
- » Stay away from people who are sick.



- » Symptoms of influenza can include fever, cough, sore throat, body aches, headache, chills and fatigue. If you feel sick, contact your health care provider.
- » If you are sick, limit your contact with other people as much as possible. Stay home from work or school.
- » Clean high-touch surfaces daily (such as doorknobs, handles, light switches, and desks) with household disinfectant. Also clean contaminated surfaces such as bedside tables, bathroom surfaces, and kitchen counters.
- » Try to stay in general good health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat healthy food.
- » Get the seasonal flu vaccination each year.



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