



Wood County Health District

1840

East

Gypsy

Lane

Road

Bowling

Green,

Ohio

43402

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or

244-1610

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Preventing the Flu

Clean your hands

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.

Keep your body healthy

Eat well. Get plenty of rest. Exercise regularly.

Avoid close contact

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick

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

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

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