



get a flu shot



stay home when sick



cover your cough



wash your hands

# ? What do you do to prevent the FLU

The best way to prevent the flu is to get a flu shot each fall. You can get a flu shot from your doctor, your local public health department or an urgent care center. If you cannot get the shot, talk to your doctor about anti-viral medications. There are some other things you can do to stay well and not spread the flu virus:

- **Stay away from people who are sick.**  
When you are sick, keep your distance from others to protect them from getting sick too.
- **Stay home from work, school and errands if you are sick.**  
You will help keep others from getting sick.
- **Cover your mouth and nose when you cough or sneeze.**  
Use a tissue, if one is handy. Throw it away immediately after use. Otherwise, use your upper sleeve.
- **Wash your hands often and thoroughly.**
- **Avoid touching your eyes, nose or mouth.**  
Germs are often spread when a person touches something that is covered with germs and then touches his or her eyes, nose or mouth.

Other good habits, such as **getting plenty of sleep, engaging in physical activity, managing stress, drinking water and eating good food** will help you stay healthy in the winter and all year.



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