

STOP THE FLU!

PROMOTE ... a strong immune system!



- ✓ Get adequate rest.
- ✓ Exercise for at least 30 minutes on most days.
- ✓ Choose a healthy diet that includes lots of fruits and vegetables.

PROTECT ... yourself against germs!

- ✓ Wash hands *frequently* with soap and warm water for 20 seconds, or use an alcohol based sanitizing gel or wipe (with at least 60% alcohol).
- ✓ Avoid touching your eyes, nose, and mouth. Germs are often spread hand-to-face.
- ✓ Stay at least 3 feet away from people who are sick coughing, or sneezing.
- ✓ Get a flu shot to protect you from seasonal influenza.



PREVENT ... the spread of germs!



- ✓ Cough or sneeze into the crook of your arm (or sleeve) not into your hands. If you cough or sneeze into a tissue cover both your nose and mouth and when finished throw away the tissue and wash your hands.
- ✓ **When you are sick, stay home...** from work, school, or errands to help prevent infecting others.



Public Health
Prevent. Promote. Protect.

**Middletown Township
Health Department**