



## FLU PREVENTION TIPS

These tips were designed by the Kanawha County H1N1 Multi-Agency Taskforce Business and Community Relations Subcommittee to be used for employers and others to send friendly reminders to employees regarding flu prevention tips via electronic mail.

1. Get Vaccinated! Everyone should get the yearly seasonal flu vaccine immediately and the H1N1 vaccine when available.
2. WASH YOUR HANDS! Wash your hands often with soap and warm water for at least 20 seconds. Scrub all surfaces including the backs of your hands, wrists, between your fingers and under your fingernails. Use the towel to turn off the faucet and open the door.
3. When soap and water are not available, alcohol-based hand sanitizers should be used.
4. Avoid touching your eyes, nose and mouth since they are points of entry for flu viruses.
5. Avoid sharing objects such as cups, utensils, bottles, pens, etc.
6. Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue in the trash after you use it.
7. If you don't have a tissue when you cough or sneeze, use your elbow instead of your hands. Germs and viruses cling to your bare hands results in passing along your germs to others.
8. Avoid close contact with sick people and when you are sick, keep your distance from others to protect them from getting sick too.
9. Be vigilant of surfaces that you touch since flu germs can live up to 8 hours on hard surfaces such as countertops, doorknobs, faucets and telephones.
10. Get plenty of sleep.
11. Mild to moderate exercise for 30 to 40 minutes at least 3 to 4 times a week supports the immune system by increasing circulation, oxygenating the body, purging toxins through sweat while releasing tension and stress.
12. Eat nutritious foods such as whole grains, vegetables and vitamin rich foods. Fatty foods can slow your metabolism, make you feel sluggish and compromise your immune system.
13. Manage your stress since it releases hormones into our bodies that can compromise our immune systems and actually make you more susceptible to viruses.
14. Drink plenty of fluids since water flushes your system and washing out the toxins and it rehydrates you. IT also helps maintain good moisture and mucous production in your sinuses.
15. Avoid alcohol since it is an immune suppressant that can decrease your resistance to viral infections.