

# FIGHT THE FLU

*Prevent the flu with these good health habits.*

## 1. *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.

## 2. *Stay home when you are sick.*

Stay home from work, school, and errands for at least 24 hours after your fever is gone without the use of fever-reducing medications. You will help prevent others from catching your illness.

## 3. *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.

## 4. *Clean your hands.*

Washing your hands often will help protect you from germs.

## 5. *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.

## 6. *Practice other good health habits.*

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Source: Centers for Disease Control and Prevention

**Watch for these symptoms: fever, sore throat, cough, body aches and, occasionally, vomiting and diarrhea. If you have these symptoms, stay home. Call your health care provider if you have a chronic health condition that puts you at greater risk of complications or if you have concerns about your symptoms.**

**For more information on staying healthy and to learn what IU is doing to prevent and limit the flu outbreak, visit [indianauniversity.info](http://indianauniversity.info).**



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