

# FEMA Region II – Health Tip

## Everyday Preventive Actions That Can Help Fight Germs, Like Flu:



- Try to avoid close contact with sick people.
- If you get sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.

Additional information and resources can be found at: <https://www.cdc.gov/flu/protect/preventing.htm>