



## **Avoiding the Flu**

- Wash your hands with soap and water often (sing the Happy Birthday song 2 times while you scrub)
- Sneeze into a tissue or your elbow—not your hands
- Always throw your tissue away and wash your hands after you sneeze
- Flu virus can live on surfaces for 2 to 8 hours. Wipe door knobs and other surfaces with antiseptic cleaner frequently throughout the day
- Alcohol hand cleaners also help stop germs
- Do not touch your eyes, nose or mouth—germs spread this way
- Eat healthy food
- Get plenty of rest
- Drink lots of water
- Get the seasonal flu shot to protect against the flu (6 months and older). See Flu Shot Information on this website for shot locations.

**For more information or vaccine locations, please call the  
Flu Hotline at 602-372-3996 or  
1-877-764-2670 or go to [www.WeArePublicHealth.org](http://www.WeArePublicHealth.org)**