



# Tips for Preventing Colds & Flu

These also, are the same precautions to prevent the swine flu.

Tips to prevent spreading your germs to others:

- Wash your hands frequently with soap and warm water, or use an alcohol-based hand sanitizer.
- Cover your nose and mouth with a tissue when you sneeze or cough or if you don't have a tissue, cough or sneeze into your elbow.
- Use a tissue to wipe or blow your nose and quickly throw away used tissues.
- Stay at home to avoid spreading germs when you have a cough or fever.
- Follow your doctor's instructions, including taking medicine as prescribed and getting lots of rest.
- Wear a mask in a medical office, if asked.

