

6 WAYS TO PREVENT GETTING THE FLU



..... 1. Vaccination

is the top prevention method to avoid getting the flu.

Where can you get a flu vaccine?

1. Most doctor's offices offer flu vaccines. If you don't have a doctor, call 1-855-456-7006.
2. Dallas County Health and Human Services offers free flu vaccines, while supplies last, for children and adults who are Medicaid enrollees, unemployed or uninsured. For locations or more information, visit: www.dallascounty.org/department/hhs/immunizationhours.html
3. Certain retail pharmacies, like Walgreens, CVS and Target, offer flu vaccines, usually starting around \$25.



..... 2. Practice good hand hygiene.

Wash your hands often, and be mindful of what you touch, including your keyboard, cellphone, handshakes and doorknobs.



..... 3. Cover your nose and mouth

when you cough or sneeze. Use your sleeve if you don't have a tissue handy.



..... 4. Avoid close contact with sick people.

When you are sick, keep your distance from others to protect them from getting sick too.



..... 5. Disinfect surfaces

at home, work or school, especially when someone you know is sick.



..... 6. Practice healthy habits.

Get plenty of sleep, stay active, manage your stress, drink plenty of fluids and eat nutritious foods.