



## Tips to Prevent Colds and Flu

### [Take everyday preventive actions to stop the spread of germs](#)

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands. Germs spread this way.
- Try to avoid close contact with people who are sick.
- Stay home when you are sick. 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. No tissue? Use your elbow!
- Clean and disinfect frequently touched surfaces and objects that may be contaminated with germs like the flu. (phone, desk, keyboard).
- Avoid sharing items that may be contaminated such as phones, pens, toothbrushes, silverware, drinking glasses/ cups or straws.
- Keep up a healthy lifestyle. Keeping your own immune system healthy is your number one defense. Eat a healthy balanced, diet; drink water; exercise on a regular basis; sleep 7-9 hours a night; use alcohol in moderation; look at managing your stress in healthy ways; quit (or decrease) smoking.

- Get immunized\*!

An annual flu vaccine is the first and most important step in protecting against flu viruses. There is currently no vaccine for the 2019 NOVEL CORONAVIRUS.

**Pneumonia Vaccines:** There are two types of pneumonia vaccines recommended for everyone over age 65. Depending on your age and health condition, your doctor may prescribe it sooner.

**Shingles or Shingrix Vaccine:** A series of 2 shots is now recommended for everyone over the age of 50, even if you have had shingles or were already vaccinated with Zostavax.

\*Talk with your doctor to see if you need any other vaccinations.