



Tips for Cold and Flu Prevention

Get a Flu Shot

Annual flu shots are recommended for all individuals over six months of age, especially those with a high risk for complications. If you are unsure if you are at high risk, ask your doctor.

Avoid Close Contact

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Keep it Covered

Cover your mouth and nose with a tissue when you cough or sneeze, and throw away the tissue immediately. If you do not have a tissue, cough or sneeze into your upper sleeve, not your hands.

Avoid Touching Your Face

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

Use Hand Sanitizers

Use alcohol-based disposable hand wipes or gel sanitizers when soap and water are not available. Wipe or rub all surfaces of your hands, making sure to include the areas in between your fingers.

Teach Children

Teach children to sing the Happy Birthday song twice while washing their hands with soap and water to ensure they wash long enough.

Practice Good Housekeeping

Bathroom and kitchen areas should be cleaned frequently to prevent the spread of germs. Keep disposable antibacterial wipes handy for quick clean ups and wash hand towels often.

Stop Sharing

Do not share eating utensils or drinks with anyone, especially if the person is sick.

Change Your Toothbrush

Consider replacing your toothbrush after having a cold or the flu. If your toothbrush touches a family member's toothbrush, it could make them sick.

Manage Stress

You are more likely to get sick when your stress levels are high. To reduce the negative effects of stress, practice stress management techniques such as positive thinking, deep breathing or quiet reflection.

Get Enough Sleep

A good night's sleep can help you stay healthy by keeping your immune system strong and allowing your body the time to repair itself.

Wash Your Hands

This is still the easiest way to prevent colds and the flu! Wash your hands frequently with soap and water for at least 20 seconds to keep germs from spreading.

Stay Home

If you get the flu, you should stay home for at least 24 hours after your fever is gone, except to get medical care or other necessities.



Always replace your toothbrush after having a cold or the flu. Make sure each family member's toothbrush is clearly marked to avoid confusion.