



***Lincoln County Health Department
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Action Steps to Prevent the Spread of Flu

Take the following steps ALL the time to help keep yourself, family members and co workers from getting sick with flu.

- ***Cover Your Cough:*** Cover your mouth and nose with a tissue or sleeve when you cough or sneeze. Quickly throw away used tissues and then wash your hands. Cover coughs or sneezes using your sleeve in your arm, elbow or shoulder instead of your hand when a tissue is not available.
- ***Wash Your Hands:*** Remember to practice good hand hygiene. Washing hands with soap and running water for 20 seconds. Hand sanitizers are a substitute for hand washing when soap and water are not available.
- ***Stay Home when Sick:*** Sick people with influenza like symptoms should stay at home until at least 24 hours after they no longer have a fever or signs of a fever (without the use of fever-reducing medicine).
- ***Be a good role model*** by practicing good hand hygiene and covering your mouth and nose when coughing or sneezing.
- ***Clean surfaces and items*** that are more likely to have frequent hand contact such as desks, door knobs, keyboards, or pens, with cleaning agents that are usually used in these areas.
- ***If you are pregnant, have asthma, diabetes, or other conditions that put you at higher risk for complications from the flu, you should speak with your doctor as soon as possible*** if you develop symptoms of flu-like illness. People at high risk of flu complications who develop flu can benefit from early treatment with antiviral medicines.
- ***Develop a Family Contingency Plan.*** You should plan ahead in case you or a family member become ill. Be prepared to stay home if your children become ill and can't attend school or childcare. Prepare your family in case you become ill.
- ***Avoid touching your eyes, nose and mouth.***
- ***Don't share*** food, utensils, beverages, towels, lipstick, toys or anything that might become contaminated with germs.

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