

# FLU Safety Tips

West Hills NC Public Health Committee

Saif Mogri

January 15, 2025

# FLU Safety Tips

- **Get the flu vaccine:** The CDC recommends that everyone six months and older get the flu vaccine. People at high risk of serious complications, like the elderly, pregnant women, and people with chronic health conditions, should make getting vaccinated a priority.
- **Wash your hands:** Wash your hands often with soap and water, or use an alcohol-based hand rub if soap and water aren't available.
- **Cover your mouth and nose:** Cover your mouth and nose when you cough or sneeze. You can also wear a mask to protect yourself and others.
- **Avoid touching your face:** Avoid touching your eyes, nose, and mouth.
- **Improve air quality:** Bring in fresh air from outside, purify indoor air, or spend time outdoors.
- **Clean surfaces:** Clean and disinfect frequently touched surfaces and objects.
- **Stay home when sick:** Stay home and isolate yourself if you're symptomatic.
- **Contact your doctor:** Contact your doctor if you're feeling sick or your symptoms worsen.
- **Know when to see a doctor for children:** Call your pediatrician if your child has a high fever, trouble breathing, or isn't getting better after a few days.
- **Quit smoking:** Smoking makes it easier to get the flu and get sicker from it.