

With this year's flu shot shortage,
it is more important than ever to be vigilant.

Good Health Habits

...To Prevent the
Spread of the Flu

The following are suggestions from the American Lung Association:

- **Wash your hands often.** The most common way to catch the flu is to touch your own eyes, nose or mouth with germy hands. So keep your hands clean, and away from your face.
- **Keep your distance** when you are sick or if you are around someone else who is sick.
- **Stay home.** One gift you can give others is to help prevent other people from catching your flu. We highly recommend that you stay home from work, school and public places when you are sick. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Remember, you can still spread germs up to 7 days after getting sick. Following these simple steps for up to a week after getting sick will help to reduce the chances of spreading the flu.

800-LUNG-USA
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