# There are things you can do to protect yourself and others from the flu




☑ Wash your hands often, especially after sneezing or coughing. Use soap and warm water or alcohol-based hand sanitizer.

☑ Avoid touching your eyes, nose or mouth.

☑ Avoid close contact with people who are sick.



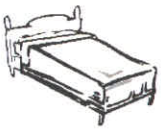
☑ Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.





Put your tissue in the trashcan.

☑ Stay home when you are sick.





☑ Wear a mask when you are sick and coughing.

➔ **Immunization is the best prevention!** ←

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San Mateo County Health Services Agency
www.smhealth.org
Flu Hotline (650) 573-3927
Public Health: (650) 372-8572