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Healthy Habits to Help Prevent the Flu

[Español](#)

Get Vaccinated!

The **single best way to prevent seasonal flu is to get [vaccinated](#)** each year, but good health habits like avoiding people who are sick, covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like flu. There also are [flu antiviral drugs](#) that can be used to treat and prevent flu

Healthy Habits

The tips and resources below will help you learn about actions you can take to protect yourself and others from flu and help stop the spread of germs.

- **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.

- **Stay home when you are sick.**

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

- **Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and COVID-19, are spread by cough, sneezing, or unclean hands.

- **Clean your hands.**

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

- [Handwashing: Clean Hands Save Lives](#)

Tips on hand washing and using alcohol-based hand sanitizers

- **Avoid touching your eyes, nose or mouth.**

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

- **Practice other good health habits.**

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

For more information

Seasonal flu vaccines protect against the four flu viruses that research indicates will be most common during the upcoming season. There are several [flu vaccine options this flu season](#).

Article Source

Centers for Disease Control (CDC)

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