

Common Sense (Non Vaccine) Ways to Prevent Illness from Flu and Cold Viruses

Due to the severely limited supply of flu vaccines, Elliot Health System has prioritized administration to those with the highest risk as defined in the CDC's newly established guidelines. Remember, the flu is spread by *direct* contact from person-to-person or by *indirect* contact with contaminated items touched by the infected person (like telephones and doorknobs). Here are some easy, *non vaccine* ways to prevent illness from flu and cold viruses:

- Wash your hands thoroughly and frequently with soap and water, or use alcohol hand gel.
- Cover your coughs and sneezes with tissues and the crook of your arm – so as NOT to contaminate your hand.
- Avoid contact with sick people when possible (stay at least 3-5 feet away).
- If you are sick, stay home from work or school and avoid contact with others as much as possible.
- "Ask for a Mask" to cover your cough when visiting your health care provider office or hospital.
- Clean and disinfect "frequently touched" surfaces (telephones, doorknobs, keyboards). "Think like a germ" to determine where to clean. There are easy to use pre-moistened wipes made by companies like Lysol and Clorox.

Keep yourself healthy by drinking plenty of fluids, eating healthy foods and getting plenty of rest.

