

# 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.

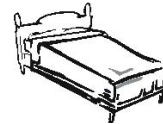


Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.



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! ←**



San Mateo County Health Services Agency

[www.smhealth.org](http://www.smhealth.org)

Flu Hotline (650) 573-3927

Public Health: (650) 372-8572