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Flu Prevention: Everyday Actions You Can Take

Here are some **everyday** preventive actions that residents can take to help slow the spread of germs and **may offer** some protection against the flu:

1. Wash hands frequently with soap and water.
 1. Alcohol-based hand rub is an alternative if soap and water are not available.
2. Cover coughs and sneezes, preferably with a tissue.
 1. You can also cough and sneeze into the inside of your elbow if a tissue is not available. By covering, this blocks the spread of droplets from your mouth or nose that could contain germs.
3. Try to avoid touching your eyes, nose and mouth. Germs spread this way.
4. Try to avoid close contact with sick people.
5. If you or your child is sick with a respiratory illness, like the flu, limit your contact with others as much as possible to help prevent the spread of the flu.
6. Stay home (or keep your child home) for at least 24 hours after fever is gone except to seek medical care or for other necessities. Fever should be gone without the use of a fever-reducing medicine. If you begin to feel sick while at work (or your child feels sick at school), make arrangements with your employer to go home as soon as possible (or to pick up your child from school to take home as soon as possible).
7. If an outbreak of flu or another illness occurs, follow public health advice.
8. At home or work, regularly clean frequently touched objects and surfaces, including doorknobs, keyboards, and phones to help remove germs. Make sure you have an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.

Long-term preventive action:

9. Get vaccinated, especially for the most vulnerable—the elderly, the very young, people with certain chronic health conditions, and pregnant women. If you do get the flu, your doctor may provide you with a prescription for an antiviral drug that can treat your illness.

SOURCE: Centers for Disease Control and Prevention (National Center for Immunization and Respiratory Diseases)