



# IT'S COLD & FLU SEASON

Stop the spread by following some simple steps...

## WASH YOUR HANDS

- Wash with soap and warm water for at least 20 seconds.
- Use a towel or elbow to handle the faucet and doorknob after washing to keep your hands clean.
- Alcohol-based hand cleaners also work (with at least 60% alcohol) when you can't wash your hands.
- Teach children good handwashing by modeling it for them.



## STAY HOME WHEN SICK

- People with a high fever and a cough should stay home from school, work or childcare.
- Stay home for at least 24 hours after being free of fever without the use of fever-reducing medicine.
- Stay away from other people to keep from making them sick.



## COVER YOUR COUGH

- Use the sleeve of your clothes, elbow or shoulder to cover your cough or sneeze.
- Cover your nose and mouth with a tissue, throw away and wash your hands.
- Teach children how to cover a cough.



## GET VACCINATED

- Flu vaccine is recommended for everyone six months of age and older (CDC).
- Flu vaccine comes as an injection or nasal spray. Talk to your healthcare provider about which type is best for you.
- You cannot get the flu from the flu vaccine.



For more information, visit us online at [www.publichealth.columbus.gov](http://www.publichealth.columbus.gov)

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