

# Recommendations

from the

# Centers for Disease Control

on

# What You Can Do to Stay Healthy

- **Stay informed.** The Centers for Disease Control website ([www.cdc.gov/](http://www.cdc.gov/)) will be updated regularly as information becomes available.
- Influenza is thought to **spread mainly person-to-person** through coughing or sneezing of infected people.
- **Take everyday actions to stay healthy.**
- **Cover your nose and mouth with a tissue when you cough or sneeze.** Throw the tissue in the trash after you use it.
- **Wash your hands often with soap and water, especially after you cough or sneeze.** Alcohol-based hand cleaners are also effective.
- **Avoid touching your eyes, nose or mouth.** Germs spread that way.
- **Stay home if you get sick.** CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- **Follow public health advice** regarding school closures, avoiding crowds and other social distancing measures.
- **Find healthy ways to deal with stress and anxiety.**
- **Call 1-800-CDC-INFO for more information.**