

# FLU PREVENTION TIPS



Wash your hands often. This will help protect you and others against germs. When soap and water are not available, use alcohol-based disposable hand wash or gel sanitizers.



When coughing or sneezing, cover your mouth and nose with a tissue. If you don't have a tissue, cough or sneeze into your sleeve, not your hands.



Avoid close contact with people who are sick.



If you are sick, stay home and away from other people as much as possible, to protect them from getting sick as well; get plenty of rest and check with your doctor.



Get an annual flu shot.

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COUNTY OF LOS ANGELES  
**Public Health**

# CONSEJOS PARA PREVENIR LA GRIPE



Lávese las manos con frecuencia. Eso ayuda a protegerlo a usted y a los demás contra los gérmenes. Si no hay agua y jabón, use geles o toallas desechables desinfectantes a base de alcohol para frotarse las manos.



Al toser o estornudar, cúbrase la boca y la nariz con un pañuelo. Si no tiene un pañuelo, use las mangas de su camisa para toser o estornudar, pero no las manos.



Evite el contacto cercano con personas enfermas.



Si usted está enfermo, permanezca en casa y aléjese de otras personas tanto como le sea posible para protegerlos del contagio; descanse mucho y consulte a su médico.



Acuda a que le apliquen la vacuna contra la gripe anualmente.

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