

# Stopping the Flu Starts with YOU



## Don't Touch

**your face – keep your hands away from your mouth, nose, and eyes.**

- Avoid touching your eyes, nose, and mouth. Germs quickly spread this way.
- If you need to touch your face, wash your hands before and after with soap and warm water or an alcohol-based sanitizer.
- Frequently clean and disinfect items that regularly touch your face, like cellphones, eyeglasses/sunglasses, musical instruments, and sports gear.
- To reduce your chances of getting sick, avoid holding your head with your hand, refrain from applying lip balm with your fingers, and don't use your fingernails to remove food from your teeth.