

# Ways to Prevent Colds and Flu:

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Hand Washing and Other  
Tricks to Keep from Getting  
Sick



# What are Colds and Flu?

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- Colds and flu are very common illnesses.
  - People who have a cold often feel tired, have a runny nose and sore throat, and sneeze a lot.
  - People who have the flu often have a fever, body aches, a headache, a cough, and a sore throat .
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# You can get colds or flu from people who are sick by:

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- Breathing in their germs.
  - Touching your eyes, nose, or mouth after getting their germs on your hands.
  - Touching a cup, or something else that you will put in your mouth, after getting germs on your hands.
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# You can get germs on your hands by:

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- Being near someone who is sick when they cough or sneeze.
- Touching someone who is sick, or touching things in their room or house when they are sick.



# WASH YOUR HANDS!

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- This is the most important thing that you can do to prevent colds and flu.
    - Wash your hands under running water.
    - **USE SOAP!!!**
    - Clean above your wrists, between your fingers and under your finger nails.
    - Use a towel to turn off the water **AND** to open the door, if you are in a sick person's room.
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# You can also protect yourself from getting sick by:

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- Asking your doctor about getting vaccinated for the flu.
  - Drinking plenty of water.
  - Getting plenty of fresh air.
  - Eating your fruits and vegetables.
  - Relaxing and getting plenty of sleep everyday.
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