

# Vaccination is Not the Only Way to Help Prevent the Flu

2004  
Vaccine  
Shortage



**Y**ou can protect yourself from the flu even if you don't get the flu vaccination this year. These simple actions can help stop the spread of germs and help protect you from getting sick:

**Avoid close contact.**

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

**Stay home when you are sick.**

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

**Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

**Clean your hands.**

Washing your hands often will help protect you from germs.

**Avoid touching your eyes, nose, or mouth.**

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Other good habits, such as **getting plenty of sleep**, engaging in **physical activity**, **managing stress**, **drinking water**, and **eating good food**, will help you stay healthy in the winter and all year. In addition, **antiviral medications** are available for influenza and can be used to prevent influenza and to treat the flu if they are started in the first 2 days of an illness.

Department of Health  
and Human Services  
Centers for Disease Control  
and Prevention



For more information, ask your healthcare provider or call the CDC Immunization Hotline  
English **800-232-2522** Español **800-232-0233** Website **www.cdc.gov/flu**