

# PREVENTING THE FLU: Good Health Habits Can Help Stop Germs

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu.

*Here are some helpful tips from the CDC:*

## 1. 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.

## 2. 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.

## 3. Cover your mouth and nose.

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

## 4. Clean your hands.

Washing your hands often will help protect you from germs.

## 5. 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.

## 6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

**Content source:** From the Centers for Disease Control & Prevention, [www.cdc.gov](http://www.cdc.gov).

**KCAA will have  
regular seasonal  
flu vaccines  
available  
Oct. 1, 2009.**

Current patients who have seen their physician in the last year may get their regular seasonal Flu Vaccine on a walk-in basis at any of our allergy injection clinics (except Saturdays), or at their next scheduled fall visit.

H1N1 Flu Vaccines have not been made available to us yet. (as of 9/02/09) Check our website for updates on H1N1 Flu Vaccine availability.

Also, read our [H1N1 Influenza Information Flyer](#) posted on our website:

[www.kcallergy.com](http://www.kcallergy.com)

KCAA main appointment line:  
**913-491-5501**

## Helpful websites:

(Links also at: [www.kcallergy.com](http://www.kcallergy.com))

[www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)

[www.kdheks.gov/H1N1](http://www.kdheks.gov/H1N1)

[www.kcmo.org/health](http://www.kcmo.org/health)



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