

How can you avoid catching—and spreading—the flu?

The best way to stay healthy is to steer clear of germs.

Here are some tips.



Cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into the bend of your arm.

Wash your hands often with soap and water for at least 20 seconds. Or clean them with an alcohol-based hand cleaner.



Don't share straws, drinking glasses, or eating utensils. Germs can spread when you do that.



And remember: Try not to touch your eyes, nose, or mouth with your hands.