

# 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.

To learn more, go to: [www.flu.gov](http://www.flu.gov).