

## **Your Flu Prevention**

Each year, an estimated 4500 people in California die from the flu. Countless people get sick with flu-like symptoms.

Hi, I'm Dr. Mark Horton, director of the California Department of Public Health. I'm here to help you stay healthy by providing you with information that can help you protect yourself (and your family) against pandemic flu and the seasonal flu.

The most common question is how you can keep from getting the flu.

You can reduce your chances of getting sick with some simple steps:

- First, wash your hands often.
  - Use warm water and soap, and wash your hands for about 20 seconds.
  - If soap and water isn't available, use an alcohol-based hand sanitizer.
- Cover your coughs and sneezes. Use a tissue or your sleeve. Try to avoid using your hands. If you cough or sneeze into a tissue, throw it away afterward. Remember: one sneeze, one tissue.
- Avoid touching your eyes, nose or mouth. That will reduce the likelihood of germs getting into your body.
- The most important prevention measure is vaccination. Plan to get vaccinated this fall with the regular flu vaccine and watch for information on a new vaccine against pandemic flu.

The bottom line: protect your health and your family's health against pandemic flu and seasonal flu with these tips.

They're simple and they've proven effective over time.

I'm Dr. Mark Horton, wishing you good health.

