

Stay Healthy This Winter

Take steps to keep yourself and your loved ones safe from flu, COVID, RSV, and other viruses!

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. Consider wearing a high-quality mask when indoors around others.

2. Stay home when you are sick.

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

3. 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. Germs can spread by droplets made when sick people cough, sneeze, or talk.

4. Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

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

Germs can be spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth.

6. Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work, or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

7. Get vaccinated.

Be sure to get a flu vaccine every year and stay up-to-date on recommended COVID vaccines.



ongovhealth
Onondaga County
Health Department

ongov.net/health · facebook.com/ongovhealth

11-18-22