



Help Stop the Spread of the Flu Virus

Frequent hand washing is the best defense against the spreading of flu germs. Although it may seem like common sense to some people, the instructions for proper hand washing below are overlooked by many, and make a difference.

WHEN WASHING HANDS, FOLLOW THE TIPS BELOW:

- Wet hands with warm water, not cold or room temperature.
- Add soap and lather vigorously for 20 seconds.
- Rinse germs away.
- Dry with a clean paper towel.
- Use a towel to turn off the faucet and to open the bathroom door. Do this to avoid catching the germs of individuals who did not wash their hands after using the restroom etc.
- Use hand sanitizers when soap and water are unavailable, sanitizers should not be a substitute for hand washing.

WHAT IS THE FLU?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs.

Symptoms may include:

- Fever
- Coughing
- Runny or stuffy nose
- Headaches
- Body aches
- Chills
- Fatigue
- Vomiting
- Diarrhea



Sources: Help stop the spread of the Flu, FVSU Extension, Kena Torbert, FVSU family life specialist.

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