



## PREVENTING THE SPREAD OF COMMUNICABLE DISEASES



Each year in the United States, on average, more than 200,000 people are hospitalized and 36,000 people die from seasonal influenza (flu) complications. You can help keep yourself, your family, and your co-workers healthy and prevent the spread of seasonal colds, flu, and other communicable diseases by practicing some simple measures at home and in the workplace.

The Centers for Disease Control and Prevention (CDC) urges you to take the following actions to protect yourself and others from the flu:

**Take time to get vaccinated for seasonal influenza.** CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal influenza. While there are many different flu viruses, the seasonal flu vaccine protects against the three seasonal viruses that research suggests will be most common. Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease, and people 65 years and older. Seasonal flu vaccine is also important for health care workers, and other people who live with or care for high risk people to prevent giving the flu to those at high risk.

### **Take everyday preventive actions**

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If a tissue is not available, cough or sneeze into your sleeve.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.

### **Try to avoid close contact with sick people.**

If you are sick with flu-like illness, try to avoid infecting others. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.

