

# Influenza: What can you do to keep our community healthy?

**Don't visit healthcare facilities if you are sick.**



Why? People in hospitals, nursing homes and assisted living facilities are considered vulnerable populations and might have more difficulty fighting infections.

**Don't mingle with others while you are sick.**



Why? When sneezing or coughing, the virus gets in the air where other people can inhale the organism and become ill. Close proximity to others quickly spreads the disease.

**Wash your hands before preparing meals, providing patient care and after using the bathroom, changing diapers or caring for ill persons.**



Why? Handwashing is the single most important thing we can do to prevent infectious diseases from spreading in the community. Research has shown that good handwashing can reduce respiratory illnesses significantly. Diseases are often spread from person to person.

**Do your part to prevent illness:  
Wash hands, stay home!**