Try not to touch your face with unwashed hands.

Stay home when you’re sick, and keep your children home when they’re sick.

Clean and disinfect frequently touched surfaces.

Cover your mouth and nose with a tissue when you cough or sneeze. If you don’t have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

Wash your hands often with soap and water. If you don’t have soap and water, use an alcohol-based hand sanitizer.

Try not to touch your face with unwashed hands.

Don’t touch or shake hands with people who are sick.

Get your flu shot—the first and most important step to fight the flu.