

Trinity County Health and Human Services

Suggestions, which may help Keep you healthy during flu season

The flu spreads in respiratory droplets caused by coughing and sneezing. It usually spreads from person-to-person; although occasionally a person may become infected by touching something with the virus on it and then touching their mouth nose or eyes.

- Many viruses are “opportunistic” and will take the opportunity to infect you if your body’s resistance is low.
- Avoid going to school or work if you are ill to help prevent the spread of disease.
- COVER that cough or sneeze.
- Eating a well balanced nutritious diet.
- Getting adequate rest.
- Frequent hand washing, especially when there is an ill person in the household.
- If you are particularly susceptible to infection avoid being around others who are sick.
- Regular exercise can help reduce stress, which may decrease your immunity to fighting off the flu
- Influenza vaccination is recommended for everyone over the age of 6 months. Pregnant women, persons with diabetes, immune compromised or respiratory/cardiac problems, and persons over 60 are at high risk and should seek influenza vaccination.

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