

Together We Can Beat the Flu

6 Tips to Stay Healthy this Flu Season



Respiratory illnesses, including Influenza (flu), COVID-19, and Respiratory Syncytial Virus (RSV) are on the rise in New York State.

Take precautions now to reduce the risk of respiratory viruses.

PREVENTION STRATEGIES FOR REDUCING RESPIRATORY INFECTIONS:

- Wash hands often with soap and water for at least 20 seconds.
- Cover your cough or sneeze with a tissue.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Regularly disinfect frequently touched surfaces.
- Carry an alcohol based (at least 60%) hand sanitizer to use when soap and water are not available.

- Stay up to date with seasonal vaccines. The seasonal flu vaccine protects against the most common flu viruses and is available for ages 6 months and up. Talk with your healthcare provider to see if you are eligible for COVID or RSV vaccination.
- Get plenty of sleep, exercise daily, eat nutritious foods, and drink plenty of water to maintain a strong immune system.
- Avoid close contact with people who are sick.

WHAT TO DO WHEN YOU ARE SICK:

- Stay home until all your symptoms get better and you have not had a fever (without fever reducing medication) for at least 24 hours.
- Take precautions over the next 5 days (social distancing, handwashing, masking).
- Treatment can be important if you're at higher risk of severe illness, talk with your healthcare provider as soon as possible after symptoms begin.

For information on getting the flu vaccine at Keller Army Community Hospital, go to <https://keller.tricare.mil/Health-Services/Preventive-Care/Immunization>.

Find more information about Respiratory illness at Centers for Disease Control & Prevention at <https://www.cdc.gov/respiratory-viruses/about/index.html>

THANK YOU for your diligence in preventing the spread of respiratory illnesses.