

# It's Flu Season!

## Protect Yourself and Others

- ✘ Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are effective.
- ✘ Cover your nose and mouth with a tissue or your upper sleeve when you cough or sneeze. Throw the tissue in the trash after you use it.
- ✘ Avoid touching your eyes, nose or mouth. That's how you infect yourself.
- ✘ Stay home from work or school if you are sick.
- ✘ Talk with your doctor about receiving a seasonal flu vaccination.

For more information visit our website at <http://cchd.cortland-co.org>



**Public Health**  
Prevent. Promote. Protect.

Cortland County Health Department