

# Flu Season Bringing Double Trouble

This year, the flu season is bringing double trouble: the H1N1 virus and the seasonal flu. To reduce your chances of getting sick, practice these healthy habits:



**Wash your hands often with soap and hot water, especially after coughing or sneezing. If you don't have soap and water, use an alcohol-based hand sanitizer.**



**Avoid touching your mouth, nose or eyes.**



**Cover your mouth and nose with a tissue when coughing or sneezing. If you do not have a tissue, cough or sneeze into your sleeve, not your hand.**



**Keep your work area, especially your phone, free of germs.**



**Get plenty of sleep, be physically active, drink a lot of fluids and eat nutritious food.**

***These simple steps can protect you and your family from double trouble this flu season.***