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## AVOID THE FLU

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Here are ten simple tips to follow to keep you and others protected from the flu:

- 1. Get vaccinated against the flu.** Vaccination is the best defense against getting and spreading the flu. Though it doesn't provide a 100 percent protection, the flu vaccine may shorten the time and severity of illness. On-site flu shot clinics are typically scheduled in September or October each year.
- 2. Avoid touching your nose, mouth, and eyes.** We all touch our faces much more than we might realize! Making a conscious effort to reduce the amount of times you do may prevent exposing yourself to the flu virus.
- 3. Cover your coughs and sneezes with a tissue,** or cough and sneeze into your elbow.
- 4. Wash your hands.** Washing your hands often and thoroughly is even more important for employees who accept things (like money or papers) and/or have direct contact with the public. Use an alcohol-based hand rub if soap and water are not available.
- 5. Keep common and frequently touched surfaces clean.** We touch hundreds of items around us every day without even realizing it! Keep surfaces clean, especially if you work in a "high traffic" environment.
- 6. Do not share work tools, equipment, or desks with other employees.** If you must share close spaces and equipment, make sure to clean surfaces before you use them. As a courtesy, also clean after you are finished.



***Did you know that your Aetna online Personal Health Record tracks your immunization record history?***

***This information will help you keep track of when you are due for your next vaccination.***

WEBPAGE: [WWW.PIMA.GOV/HR/HEALTH](http://WWW.PIMA.GOV/HR/HEALTH) | ADDRESS: 150 W. CONGRESS, 4<sup>TH</sup> FLOOR | TUCSON, AZ 85701

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7. **Stop the flu** in its tracks. If you are sick with flu like symptoms, **stay home**.
8. **Maintain a healthy lifestyle**. Proper amounts of exercise, rest and a healthy diet can make you less susceptible to the flu and other illnesses.
9. **Be prepared in case you get sick and need to stay home**. Have the following items on hand: a supply of fever-reducing medicines that contain acetaminophen or ibuprofen, alcohol-based hand rubs, tissues, and other items that may be useful to help avoid the need to make trips out in public while you are sick.
10. **Make plans to care for sick household members**, especially for children if they can't go to school or child care programs.

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