

Sharing is Not Always Caring When it Comes to the Cold & Flu

With a small cough or sneeze the cold or flu can be transferred from one person to another. Are you doing your part this season to help prevent the spread of cold and flu germs to your family, friends, neighbors and co-workers?

There are many ways you can help protect yourself and those around you from getting the flu or cold.

Here are three easy steps you can take today to avoid the spread of flu or cold:



Take care of your body.

Eat nutritious food, exercise regularly and get plenty of rest. Most importantly, get a yearly flu vaccine to provide protection against infection. The flu shot doesn't cause the flu, but some people may experience a slight fever, fatigue and a sore arm after getting it.



Wash your hands often.

Wash your hands with warm water and soap for at least 20 seconds. Keep hand sanitizers in your pocket or purse for times when there isn't access to soap and water. Avoid touching your mouth, nose and eyes if you haven't had a chance to wash your hands.



Keep your distance.

Stay home when're sick and avoid close contact with others who are sick. Cough or sneeze into your upper sleeve or cover your mouth and nose with a tissue. And toss that tissue after using it - don't stuff it back into your pocket or leave it laying around for germs to spread.



Take Action to Prevent Influenza (Flu)

Be prepared this flu season by getting your flu shot. Learn more about the tips and download a [guide](#) from the Centers for Disease Control and Prevention (CDC) on how to prevent, treat and identify the flu.

Need a Physician?

Call St. Joseph Health's Physician Referral Line at **(877) 449-DOCS** or go to StJosephHealthMedicalGroup.org.