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FOR IMMEDIATE RELEASE

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HOW TO PROTECT YOURSELF THIS FLU SEASON

Indianapolis – One of the easiest ways to protect yourself from flu this season is to practice good health habits.

According to Roland Grieb, M.D., medical liaison to the Indiana Adult Immunization Coalition, “By practicing good health habits – such as eating a balanced diet and drinking plenty of fluids, exercising daily and getting enough sleep -- you can maintain your body’s resistance to infections like the flu.”

Common Sense

In addition to practicing those good habits, there are some other common sense steps to help prevent infections:

- Wash your hands with soap and water for at least 20 seconds (one verse of Happy Birthday or Twinkle, Twinkle Little Star) or use an alcohol based hand sanitizer;
- Avoid contact with people who are sick or keep a minimum distance of three feet;
- Avoid touching your eyes, nose or mouth;
- Cover your mouth or nose with a tissue when you sneeze or cough or if no tissue is available, use the crook of your elbow;
- Keep a separate trash receptacle with a plastic liner for tissue disposal;
- Get a flu shot, both seasonal and H1N1 if you are in a highly susceptible group; and,
- Stay home if you are sick.

Additional Resources

A variety of resources about the flu and immunizations can be found at www.immunizeadults.org or www.flu.gov.

The Indiana Adult Immunization Coalition’s mission is to reduce mortality and morbidity associated with vaccine-preventable diseases among adults, through medical provider initiatives, public education and support of community resources.