Everyday Preventive Actions
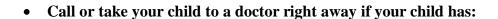# That Can Help Fight Germs, Like Flu

What are everyday preventive actions?

Everyday preventive actions are steps that people can take to help slow the spread of germs that cause respiratory illness, like flu. These include the following personal and community actions:

- Cover your nose and mouth with a tissue when you cough or sneeze. This will block the spread of droplets from your mouth or nose that could contain germs.

- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

- Avoid touching your eyes, nose, and mouth. Germs spread this way.

- Try to avoid close contact with sick people.

- If you or your child gets sick with a respiratory illness, like flu, limit contact with others as much as possible to help prevent spreading illness. Stay home (or keep your child home) for at least 24 hours after fever is gone except to seek medical care or for other necessities. Fever should be gone without the use of a fever-reducing medicine.

- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.

- Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards, and phones, to help remove germs.

- **Call or take your child to a doctor right away if your child has:**

  - **a high fever**
  - **trouble breathing**
  - **skin that looks blue**
  - **not drinking enough**
  - **seems confused**
  - **gets better but then worse again**