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News

Staying healthy

Take steps to avoid flu, other illnesses

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The Centers for Disease Control and Prevention (CDC) is providing the public with tips to prevent influenza and other contagious respiratory illnesses.

Here are some general tips:

- **Get vaccinated.** Everyone 6 months of age and older should [get a flu vaccine](#) every season, especially people at high risk, including adults 65 and older, pregnant women, young children and people living with asthma or heart disease.
- **Practice prevention.** Take actions every day to help stop the spread of germs and prevent respiratory illnesses like the flu. These actions include covering your mouth when coughing, covering your nose when sneezing, washing your hands regularly and, if possible, staying home when you're sick.
- **Seek treatment.** Prescription medications called "antiviral drugs" can be used to treat the flu and similar illnesses. CDC recommends prompt treatment for people who have flu infection or suspected flu infection and who are at high risk of serious flu complications.

Additionally, CDC is advising the public to take steps to avoid the novel (new) coronavirus first identified in Wuhan, China, last month. These steps include washing your hands often with soap and water for at least 20 seconds; avoiding touching your eyes, nose and mouth with unwashed hands; and avoiding close contact with people who are sick.

The [CDC website](#) has additional information and tips.

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Washing your hands often with soap and water for at least 20 seconds can help you avoid the flu and other respiratory illnesses, according to CDC.