Cold and Flu Season is Upon Us!

The Shiawassee County Health Department wants to remind parents that cold and flu season is here. Please keep in mind these simple Good Health Habits to help stop the spread of germs!

1. Avoid close contact.

   Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

   If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

3. Cover your mouth and nose.

   Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.

   Washing your hands often will help protect you from germs. Be sure to scrub with soap for at least 20 seconds. Have children sing the “Happy Birthday Song” twice. If soap and water are not available, use an alcohol-based hand rub.

5. Avoid touching your eyes, nose or mouth.

   Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

   Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

The Shiawassee County Health Department has flu vaccine available. Please call 989-743-2356 for more information or visit www.michigan.gov/flu