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ADAMS COUNTY FIRE RESCUE TIP OF THE WEEK

ACFR reminds the public that flu season has started, encourages self-protection

DENVER, Colo. – Flu season has arrived. Adams County Fire Rescue and the Center for Disease Control (CDC) recommend the public take the following steps to help minimize your chances of contracting the flu:

- **Get a flu vaccine.** While there are many different flu viruses, the annual flu vaccine protects against the three or four viruses that research suggest will be the most common. The CDC recommends everyone six months of age and older get a flu vaccine every year. The CDC recommends getting vaccinated before the end of October.
- **Stop the spread of germs.** Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash then wash your hands. Also avoid touching your eyes, nose and mouth. Germs spread this way.
- **Wash hands often.** Washing your hands often with soap and water is preferable, but if those are not available, use an alcohol-based hand rub.
- **Clean and disinfect.** Clean and disinfect surfaces and objects that may be contaminated with germs.
- **When sick, stay home.** If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone, except to get medical care. Your fever should be gone for 24 hours without the use of a fever-reducing medication.

For a list of these and other safety tips, visit www.acfpd.org/safety-tips. For more tips on flu prevention from the CDC, visit www.cdc.gov/flu/consumer/prevention.htm.

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