

# Township of Mendham

Incorporated March 29, 1749

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## Prevent the Spread of the Flu

Protect yourself and loved ones against the flu by following the simple steps below:

### **Get vaccinated.**

- The flu vaccine is recommended for everyone 6 months of age and older once a year.

### **Cover coughs and sneezes.**

- Use tissues, not your hands, to cover coughs and sneezes.
- Throw tissue away and wash your hands immediately.
- If you don't have tissue, cough or sneeze into the inside of your elbow.

### **Wash hands frequently.**

- Wet hands with warm water and add soap.
- Scrub for 20 seconds.
- Rinse well and dry with a paper towel. Use a paper towel to turn faucets off and to open restroom doors.
- Use alcohol based hand sanitizer if soap and water are not available.

### **Keep sick people away from healthy people.**

- Stay home if you are sick.
- Avoid close contact with people who are sick.
- Avoid large crowds during the flu season.

### **Clean commonly shared items.**

- Phones, toys, light switches, remote controls, doorknobs, etc.

For more information visit: <https://www.cdc.gov/flu/prevent/index.html> or contact the Mendham Township Health Department at (973) 543-4555.

