

# PROTECT YOURSELF AGAINST THE FLU

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The flu or cold is a serious respiratory disease. It is easily spread from one person to another and may result in serious complications, including death. Everybody is at risk of contracting and spreading the flu. If you suffer from asthma or other pulmonary diseases, you have a greater risk of suffering from complications caused by this disease.

The influenza virus may “live” in some surfaces for up to 48 hours. However, it can be destroyed at temperatures over 167°F. Practice the following steps to prevent infection.



Routinely clean all common surfaces.

Use cleaning products containing: bleach, hydrogen peroxide, an iodine-based disinfectant, and alcohol.

Make sure you wash your hands after touching someone who is ill.

Wash your hands after touching an ill person’s dirty handkerchiefs or clothes.

If you don’t have an alcohol-based sanitizer, wash your hands many times a day with soap and water.

Avoid touching your eyes, nose, or mouth.

Cover your mouth and nose with a tissue when coughing or sneezing, and dispose of it afterwards.

If you become ill, don’t visit public places, schools or work areas, so that you won’t infect others.

Get your flu vaccine every year.

IF YOU HAVE ANY QUESTIONS ABOUT THE FLU VACCINE, CONSULT YOUR DOCTOR.