



Central Office: 505 Silas Deane Highway, Wethersfield, CT 06109 Phone (860) 721-2822 Fax (860) 721-2823

Berlin: 240 Kensington Road, Berlin, CT 06037 Phone (860) 828-7017 Fax (860) 828-9248

Newington: 131 Cedar Street, Newington, CT 06111 Phone (860) 665-8586 Fax (860) 665-8533

Rocky Hill: 761 Old Main Street, Rocky Hill, CT 06067 Phone (860) 258-2770 Fax (860) 258-2767

www.ccthd.org

PREVENT THE FLU WITH GOOD HEALTH HABITS

1. Avoid close contact and avoid crowds.
2. Wash your hands often, use an alcohol-based hand sanitizer if soap and water are not available.
3. Cover your nose and mouth when sneezing or coughing. Use a tissue and throw it away immediately. Do not use your hands; if a tissue is not available, use your sleeve.
4. Avoid touching your eyes, nose, or mouth.
5. Stay home when you are sick.
6. Maintain your health. Eat nutritious food, drink plenty of fluids, get plenty of sleep, stay physically active, and manage your stress levels.