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# 5 Simple Steps for Flu Prevention

JANUARY 28TH 2015 BY DEE LOFLIN

5 Simple Steps for Flu Prevention

**Missouri** - A severe flu season is upon us and, when blood and platelet donors aren't

feeling well, they can't give the gift of life. You can help the American Red Cross prevent a shortage of blood and platelet donations by taking these steps and spreading the word about flu prevention.

Avoid or minimize contact with people who are sick (a minimum of three feet distancing is recommended).

Cover your mouth and nose with a tissue when you cough or sneeze and wash your hands afterwards. If tissue-less, cough or sneeze into your elbow or upper arm, not into your hands.

Keep your hands away from your eyes, nose and mouth to keep germs from entering your body.

Wash hands frequently with soap and water or an alcohol-based hand sanitizer.

Get a flu shot every year. Vaccination is one of the most effective ways to minimize illness and death.

Learn more about flu prevention for you and your family.

If you're healthy and feeling well, click here to schedule an appointment or call 1-800-RED CROSS (1-800-733-2767). Patients in need don't get a sick day, so your donation is especially important when others are unable to give.

Together, we can ensure patients have the blood products they need.

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