Ready Coast Guard Tip of the Month

January Tip: You can take steps to safeguard your family this flu season!

With the 2013 flu outbreak on the rise and another three months to go, you can take steps to safeguard your family.

**Tip #1:** It is not too late to **get the flu vaccine**.

**Tip #2:** **Wash your hands** often and thoroughly with soap and warm water or use alcohol-based hand cleaners.

**Tip #3:** **Avoid touching** your eyes, nose, or mouth.

**Tip #4:** **Avoid or minimize contact with people who are ill.**

**Tip #5:** **Cover your nose and mouth** with a tissue or the crook of your arm when coughing or sneezing and encourage others to do the same.

**Tip #6:** **Stay home**, if possible, **for 24 hours after your fever is gone.** Follow policy when “calling in sick.”

**Tip #7:** If sick, ask your doctor about **antiviral medications** that may help make the illness milder, shorten the time you are sick, and prevent serious flu complications.

**Tip #8:** Be sure to listen to and follow the **directions and warnings** of local authorities and your Unit Command.

For the latest information go to [www.flu.gov](http://www.flu.gov).

**Pass it on, so all are prepared.**

Semper Paratus!