



# The Township of South Orange Village

Department of Health  
John M. Festa, Health Officer

## **PROTECT YOURSELF** **FROM RESPIRATORY ILLNESSES**

The actions you take and the plans you make today make a difference. Here are some important steps for protecting yourself from getting and spreading the flu.

1. Staying home when you are sick.
2. Avoiding close contact with people who are sick.
  - Stay at least 3 feet away from sick people when possible.
  - Tell your employer if you get sick. If possible, those who are at [high risk for flu complications](#) should avoid attending meetings or events in person if they are sick.
3. Covering your coughs and sneezes.
  - Cover your nose and mouth with a tissue when you cough or sneeze.
  - Throw away the used tissue, and then wash your hands.
4. Washing your hands.
  - Wash your hands thoroughly and often with soap and water.
  - If soap and water are not available, use hand sanitizer with at least 60% alcohol.

### **Why is this important?**

Washing your hands lowers the amount of flu virus that can spread when you shake someone's hands or touch surfaces and objects such as desks and doorknobs. It is especially important to wash your hands before and after touching your eyes, nose, or mouth.

5. Cleaning frequently touched surfaces and objects.

Clean surfaces and objects that are touched often, including desks, doorknobs, railings, computer keyboards, phones, and toys.

## **Does cleaning with soap and water remove the flu virus?**

- Yes, soap and water is all you need to remove the flu virus.
- You can also use a bleach-and-water solution or disinfectant with a label that says “EPA approved” for killing bacteria and viruses. Always follow directions on product labels.

## **Why is this important?**

The flu virus can remain on surfaces for up to 48 hours. Cleaning frequently touched surfaces and objects lowers the amount of flu virus that can be spread when you touch an infected surface and then your eyes, nose, or mouth.

6. Being prepared and informed at:

<https://www.nj.gov/health/cd/topics/ncov.shtml>