



# Swine Flu: How to Practice Prevention

**Monday April 27, 2009**

The Centers for Disease Control and World Health Organization are both urging basic flu-prevention practices as they try to stop the spread of swine flu.

**Wash your hands often**, in hot soapy [water](#), for 15-20 seconds (each hand).

**Get enough sleep.** This means slightly different things to different people, but try to get 8 hours of good rest each night to keep your immune system in top flu-fighting shape.

**Keep hydrated** with 8-10 8-oz. glasses of water each day to flush toxins from your system and maintain good [moisture](#) and mucous production in your sinuses.

**Be vigilant of surfaces.** This is as much a mindfulness exercise as anything else. Be aware of what public surfaces you touch, when you've shaken hands with someone, or when you're using something like a pen that others have recently used--and don't touch your face until you've had a chance to wash your hands.

**Know when to get help.** Swine flu can look like regular flu, so don't feel like you necessarily are infected if you're exhibiting flu-like symptoms. But do go to your doctor if you live in an area where there are documented cases, or if your symptoms are severe.

\* All information provided by the "Centers for Disease Control & Prevention.