



**TOWN OF BROOKLINE  
DEPARTMENT OF PUBLIC HEALTH**

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**A Healthy You; A Healthy Community**  
**Tips to Stay Healthy in Brookline: A Review.**

Below are precautions that all of us can practice to keep ourselves, our families and our community healthy, especially during the flu season. The precautions also apply as concern about COVID-19 (coronavirus) continues.

**\*Wash your hands, Wash your hands, Wash your hands.**

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

**For hand-washing: Follow these five steps every time.**

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails. Keep nails cut short.
3. Scrub your hands for at least 30-40 seconds.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

**\*Avoid close contact.**

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

**\*Stay home when you are sick.**

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

**\*Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses are spread by cough, sneezing, or unclean hands.

**\*Avoid touching your eyes, nose or mouth.**

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. If you must touch eyes, nose or mouth, wash hands first.

**\*Practice other good health habits. Get a flu shot yearly.**

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.