

7 TIPS FOR STAYING HEALTHY THIS COLD & FLU SEASON

MINIMIZE YOUR RISK OF CATCHING THE FLU

1



WASH YOUR HANDS OFTEN WITH SOAP & WATER

2



AVOID TOUCHING EYES, NOSE & MOUTH

3



COVER YOUR SNEEZE & COUGH

4



GET THE FLU VACCINE

5



AVOID CONTACT WITH OTHERS WHO MAY BE ILL

6



STAY HOME IF YOU ARE SICK

7



GET PLENTY OF REST, EXERCISE & RELAXATION

