COLD & FLU SEASON TIPS

THERE ARE SEVERAL STEPS YOU CAN TAKE TO STAY HEALTHY THIS COLD AND FLU SEASON.

Keeps Hands Away From Your Eyes, Nose & Mouth
Refrain from touching your eyes, nose, and mouth if you haven’t recently washed your hands.

Wash Your Hands Regularly
Wash your hands for at least 20 seconds with soap and hot water.

Wash Your Clothes & Linens Frequently
Wash your clothes, linens, and blankets frequently. Any time you handle dirty laundry especially if it might be infected, wash your hands thoroughly after.

Use a Household Cleaner With Disinfectant
Use a household cleaner with disinfectant when wiping down counter tops and on anything that is touched frequently.

Hydrate
Drinking water helps maintain and strengthen your immune system. It also helps your body flush toxins out of your system and keeps you hydrated.

Eat a Healthy Diet
A healthy diet encourages a stronger immune system. Make sure you are eating a nutrient-rich diet.

Cover Your Cough & Sneeze
Move away from people when coughing or sneezing. Cover your mouth and nose with a tissue when possible.

Stay Home if You’re Sick
The best way to keep others from getting sick, is to stay home when you’re sick.

Get Plenty of Sleep
A good night’s sleep is important to your immune system.

For more information, please refer to the Centers for Disease Control and Prevention or a healthcare professional.