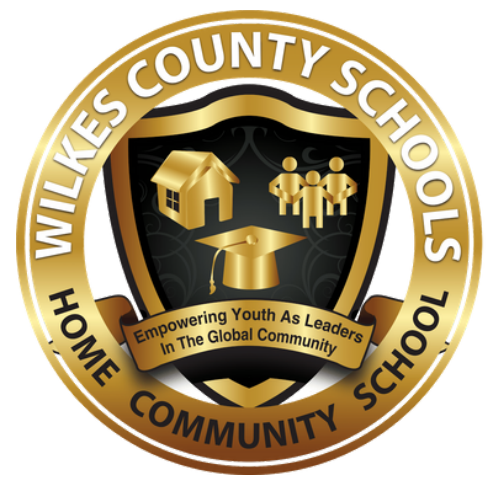


COLD & FLU

SEASON TIPS



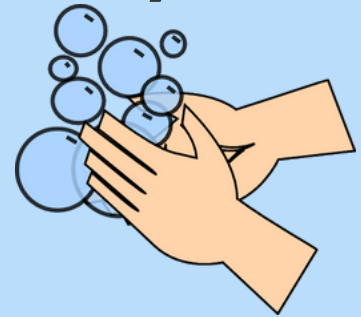
THERE ARE SEVERAL STEPS YOU CAN TAKE TO STAY HEALTHY THIS COLD AND FLU SEASON.



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

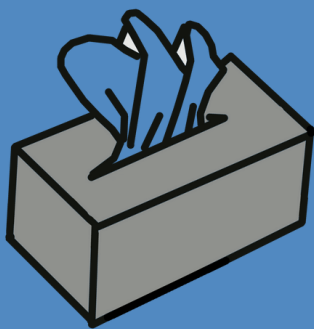
Drinking water helps maintain and strengthen your immune system. It also helps your body flush toxins out of your system and keeps you hydrated.



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

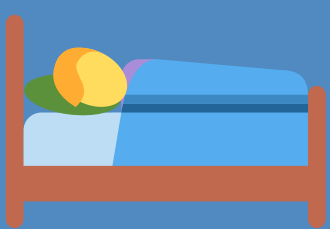


Move away from people when coughing or sneezing. Cover your mouth and nose with a tissue when possible.



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.