

PLAYING YOUR PART IN COLD AND FLU PREVENTION

GOOD CHOICES CAN HELP PREVENT ILLNESS. GET STARTED TODAY!



You have heard it before ... and it is worth repeating!

- Wash your hands often with soap and water.
- Scrub both sides and in between your fingers for at least 20 seconds.
- Carry an alcohol-based hand cleaner for times when you cannot get to soap and water.

Your immune system fights disease—keep it healthy!

- Get 7-8 hours of restful sleep.
- Eat a balanced diet.
- Manage your stress.
- Don't smoke.
- Be active—try to get outdoors in the fresh air.
- Avoid touching your eyes, nose, or mouth—entry points for the cold and flu viruses.
- Drink plenty of fluids.

Be sure to cough or sneeze the "right way:"

- Into a tissue, then
 - Discard and
 - Wash your hands.
- If no tissue,
 - Cough into your sleeve, not hand.

#1 Way to prevent the flu? Get a flu shot!

- Flu vaccine is up to 90% effective in flu prevention.
- You cannot get the flu from the vaccine.
- It takes about 2 weeks to develop flu protection.
- The flu shot does not protect against the common cold.

More cold and flu tips:

- Avoid sick people if at all possible.
- Stay home when you are sick!



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