

# STOP THE FLU!

## PROMOTE ... a strong immune system!



- ✓ Get adequate rest.
- ✓ Exercise for at least 30 minutes on most days.
- ✓ Choose a healthy diet that includes lots of fruits, vegetables and whole grain foods.

## PROTECT ... yourself against germs!

- ✓ Wash hands *frequently* with soap and warm water for 20 seconds, or use an alcohol based sanitizing gel or wipe (with at least 60% alcohol).
- ✓ Avoid touching your eyes, nose, and mouth. Germs are often spread hand-to-face.
- ✓ Stay at 4-6 feet away from people who are sick, coughing, or sneezing.
- ✓ Get an annual flu shot to protect yourself from seasonal influenza.
- ✓ Ask your doctor about getting a pneumonia shot.



## PREVENT ... the spread of germs!



- ✓ Cough or sneeze into the crook of your arm (or sleeve) not into your hands. If you cough or sneeze into a tissue cover both your nose and mouth and when finished throw away the tissue and wash your hands.
- ✓ **When you are sick, stay home...** from work, school, or errands to help prevent infecting others.