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 and vegetables.

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 least 3 feet away from people who are sick coughing, or sneezing.
- Get a flu shot to protect you from seasonal influenza.

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.