



How to Protect Yourself from the Flu

Even healthy people can get the flu. Getting a flu shot is the best way to prevent the flu.

- **Get the flu vaccine**
- **Wash your hands frequently with soap and water for at least 20 seconds or use hand sanitizer.**
- **Avoid touching your eyes, nose and mouth – flu germs on surfaces spread this way.**
- **Avoid close contact with people who are sick.**
- **Boost your immune system:**
 - Exercise regularly
 - Eat nutritious foods including fruits high in antioxidants
 - Get plenty of sleep (at least 7 hours of sleep)
 - Do not share cups, towels, food utensils with others.



For more information,
contact the Flu Coordinator at:

For more information and facts about the flu visit:
<http://www.cdc.gov/flu/about/>