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**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 and facts about the flu visit:**

http://www.cdc.gov/flu/about/