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**Practice Good Health Habits**

Even healthy people can get the flu. Help stop the spread of germs and prevent respiratory illnesses by developing good health habits.

* **Cover your cough with a tissue or your arm.**
* **Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.**
* **Avoid close contact with those who are sick. When you are sick keep your distance from others to protect them too.**
* **Keep your immune system working at its full potential:**

 • Drink plenty of fluids

 • Eat nutritious foods

 • Get plenty of sleep

 • Be physically active



**For more information and facts about the flu visit:**

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