Flu Prevention Tips

**Flu Risk Reduced 60% by vaccine**

- **STAY HOME** until your fever is gone for 24 hours without using fever-reducing medicine.
- **KEEP HANDS CLEAN** by washing with soap and water or using hand sanitizer.
- **EXERCISE** boosts your immune system and speeds recovery from illness.
- **EAT HEALTHY** and balanced meals to strengthen your immune system.
- **SMILING** and laughter can help boost your immune system.
- **DON'T TOUCH YOUR FACE** with unwashed hands; it's the easiest way for germs to enter your body.
- **COVER YOUR MOUTH AND NOSE** with a tissue when you cough or sneeze.

**FLU PREVENTION TIPS**

- INFLUENZA is the only respiratory virus preventable by vaccination.

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*Source: Centers for Disease Control and Prevention. © National Jewish Health, 2019*