

Flu Prevention Tips

INFLUENZA is the only respiratory virus preventable by vaccination.

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.

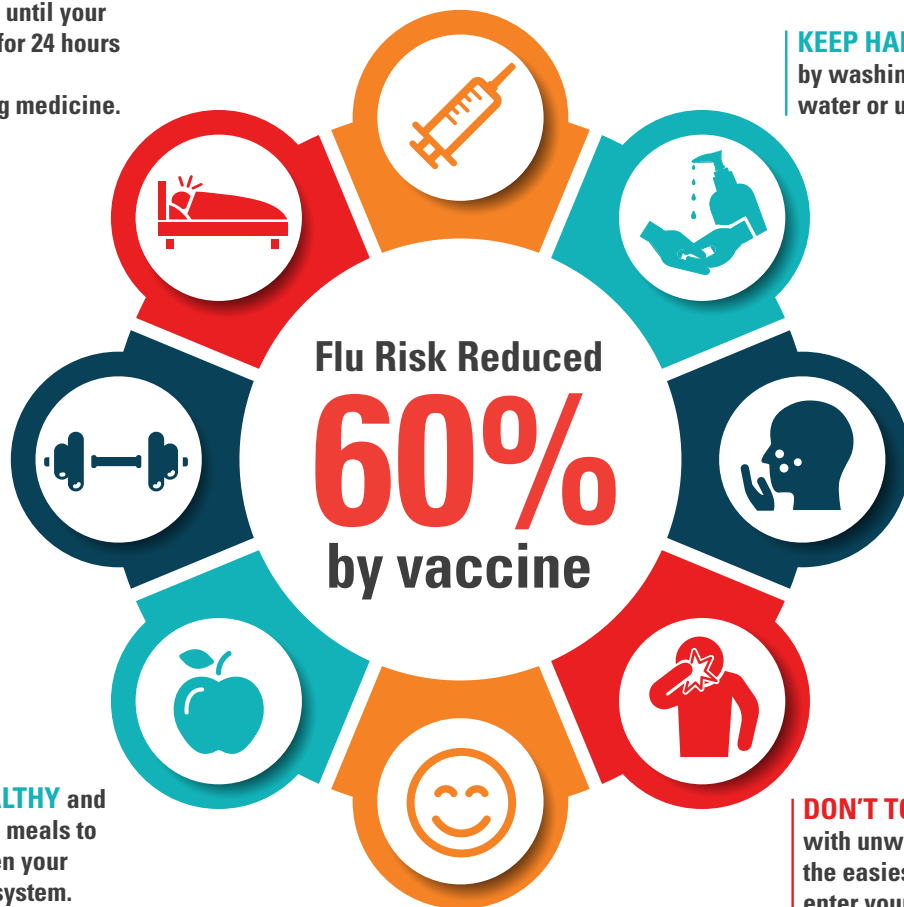
EXERCISE boosts your immune system and speeds recovery from illness.

COVER YOUR MOUTH AND NOSE with a tissue when you cough or sneeze.

EAT HEALTHY and balanced meals to strengthen your immune system.

DON'T TOUCH YOUR FACE with unwashed hands; it's the easiest way for germs to enter your body.

SMILING and laughter can help boost your immune system.



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