Up to 20% of the U.S. will get the flu.

- **GET VACCINATED**  Influenza is the only respiratory virus preventable by vaccination.
- **KEEP HANDS CLEAN**  Wash hands with soap and water or use hand sanitizer often.
- **STAY HOME** If you become ill, stay at home and avoid contact with others until your fever is gone for 24 hours without using fever-reducing medicine.
- **COVER YOUR MOUTH AND NOSE**  Always cover your mouth and nose when you cough or sneeze. Throw the tissue away after use and clean your hands.
- **EXERCISE**  It boosts your immune system and speeds recovery from illness.
- **EAT HEALTHY**  Eating healthy, balanced meals can strengthen your immune system.
- **DON'T TOUCH YOUR FACE**  This is the easiest way for germs to get into your body.
- **SMILE**  Studies show that smiling can help boost your immune system.

FLU PREVENTION TIPS

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