



Flu Prevention Tips

Influenza is caused by a virus that is preventable by vaccination. This fall, protect yourself and your loved ones from getting the flu. Get the flu vaccine.



Keep hands clean by washing with soap and water or using a hand sanitizer.



Eat healthy and balanced meals to strengthen your immune system.



Cover your mouth when you cough or sneeze.



Exercise boosts your immune system and speeds recovery from illness.



Don't touch eyes, nose or mouth with unwashed hands. It is the easiest way for the virus to enter your body



Stay home until your fever is gone for 24 hours without using fever-reducing medicine.



Smiling and laughter can help boost your immune system



Get the flu vaccine every year (or every Fall).