

Wanna stay healthy this winter?

Tips for staying healthy during flu season:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you don't have a tissue, do not sneeze or cough into your hand. Use your sleeve by your elbow.
- Wash your hands a lot during the day, mainly when you come home and before you eat, and always after coughing or sneezing.
 - Rub your hands together with warm water and soap until you see bubbles and keep rubbing for at least 15-20 seconds.
 - Wash your whole hand, including your wrists, between your fingers and under your fingernails, and the backs of your hands. Rinse well. Dry your hands with a clean cloth or paper towel.
 - When you are not near warm water and soap, use alcohol-based hand sanitizers.
- Do not touch your eyes, nose or mouth. Germs spread this way.
- Try to stay away from sick people. If you must be around a person with the flu, talk to your doctor about medicines to keep you healthy.
- Have a plan to care for sick family members.
- Prepare your home with health and emergency supplies such as
 - acetaminophen (like Tylenol)
 - liquids like water, ginger ale and orange juice
 - easy to eat foods like crackers and soups, like chicken noodle



Call your doctor if you have any of these...

- Fever
- Cough
- Sore Throat
- Body aches
- Headaches
- Chills and low energy
- Sometimes, diarrhea and vomiting

These are all signs of the flu.

STAY AT HOME IF YOU ARE SICK!

