

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 several times during the day, when you come home and before you eat, and always after coughing or sneezing.
 - Lather hands well with warm water and soap.
 - Rub your hands vigorously together for at least 15 to 20 seconds.
 - Scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails. Rinse well. Dry your hands with a clean or disposable towel.
 - When you are not near warm water and soap, use alcohol-based hand sanitizers.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid 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 household with health and emergency supplies such as
 - acetaminophen (like Tylenol)
 - fluids like water, ginger ale and orange juice
 - easy to digest foods like crackers and clear soups



Watch for these symptoms and **STAY HOME IF YOU'RE SICK!**

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

Different types of flu (H1N1 and seasonal) have similar symptoms.

If you have any of these symptoms, **CALL YOUR DOCTOR RIGHT AWAY.**
The doctor will decide how to treat you.

