

9 WAYS



TO AVOID GETTING THE FLU

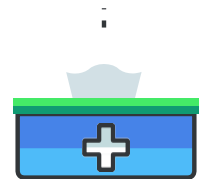
1. Get vaccinated

Every year the flu virus mutates and adapts to the previous year's vaccines. As more and more people get vaccinated, they also help those who can't (like infants and seniors) from getting sick by granting herd immunity.



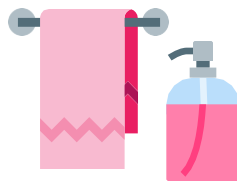
2. Follow proper sneeze etiquette

Make sure you cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in a waste basket. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.



3. Wash your hands

One of the most important preventative measures that you can take all flu season long is to wash your hands! Make sure you are lathering your hands with soap, scrubbing them for at least 20 seconds, rinsing, and drying with a clean linen.



4. Clean off frequently touched items

Phones, car interiors, keyboards, doorknobs, light switches, hand rails, remote controls, kitchen tools, and children's toys are all hotbeds for bacteria and germs! So washing all these objects occasionally helps reduce the risk of bacteria and germ buildup.



5. Don't touch your face

Unless you wash your hands every time you use your phone, keyboard, or doorknob, the best way to avoid sickness is to touch your face less, according to a new paper published in the journal *Clinical Infectious Diseases*.



6. Closely monitor symptoms

Staying aware of how you are feeling throughout the flu season will help you to take preventative measures (such as taking extra Vitamin C) if you feel symptoms coming on. It can also help you adjust your activity levels to better prevent illness.



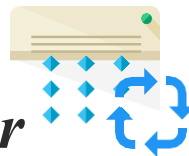
7. Get moderate exercise

Moderate exercise, in the long run, strengthens your immune system. However, intense workouts leave your body in a weakened state that also weakens your immune system. After intense workouts, your body is more susceptible to getting sick for a 72-hour window.



8. Get fresh air

Sometimes, sharing warm air inside an office or home can lead to getting sick. The air that's circulating in a closed space carries germs and bacteria that can infect you. So, take a few minutes occasionally to get some fresh air, when it's a little chilly outside.



9. Stay home if you're sick

If you go to work when you don't feel well, you can make others ill. Although a cold or flu might not be a big deal for you, it can be serious for people with weak immune systems, like young children, the elderly, and anyone with a long-term health problem.

