

THINGS YOU CAN DO TO STOP THE FLU

FLU SHOT

Flu shots are the number one thing you can do to prevent the flu.



WASH YOUR HANDS

Wash your hands often with soap and water.



USE HAND SANITIZER

Keep hand sanitizer close for eliminating germs and bacteria.



STAY HOME AND REST

Stay home and get plenty of rest to recover and prevent others from getting sick.

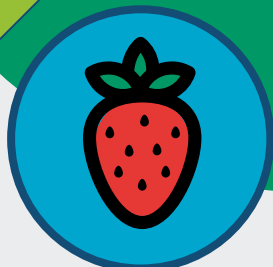


Up to
20%
of the U.S.
will get the flu.



EXERCISE

Exercise can boost your immune system and speed up recovery.



EAT HEALTHY

Studies have shown that eating healthy balanced meals can improve your immune system.



SMILE

Studies have shown that smiling can help boost your immune system.



AVOID TOUCHING FACE

Touching your face allows germs to easily enter your body.