



What Can I do To Stay Healthy During Virus & Flu Season ??

- Wash your hands often with soap and water. Help prevent spreading the virus as well by remembering to wash with soap and water after coughing and sneezing. Alcohol based “hand sanitizers” can also be helpful.
- Stay away from family and friends who are ill.
- If you are ill, see your doctor. Follow his instructions and don't go to work if he advises you not to. Take other preventative measures to ensure you are not spreading your illness to others. Cough and sneeze into the sleeve of your shirt as opposed to your hands. Even better, cough and sneeze into tissue and dispose the tissue immediately.
- Getting adequate sleep, staying physically active, staying hydrated, eating a nutritious diet, and managing stress are all very good ways to help your body fight off viruses you may inadvertently come in contact with.
- As much as possible, isolate sick members of the family and limit contact with them and potentially infected surfaces in your household.