Are you ReadyPA?

FLU PREVENTION TIPS

GET VACCINATED: Influenza is the only respiratory virus preventable by vaccination.

KEEP HANDS CLEAN: Wash hands with soap and water or use hand sanitizer often.

STAY HOME: If you become ill, stay at home and avoid contact with others until your fever is gone for 24 hours without using fever-reducing medicine.

COVER YOUR MOUTH AND NOSE: Always cover your mouth and nose when you cough or sneeze. Throw the tissue away after use and clean your hands.

EXERCISE: It boosts your immune system and speeds recovery from illness.

DON'T TOUCH YOUR FACE: This is the easiest way for germs to get into your body.

EAT HEALTHY: Eating healthy, balanced meals can strengthen your immune system.

SMILE: Studies show that smiling can help boost your immune system.

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

GET YOUR FLU SHOT

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