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## WAYS TO STAY HEALTHY THIS WINTER

### 1

#### GET IMMUNIZED

It's not too late to get your flu vaccine. Particularly important if you are spending time with elderly or young children this holiday season.

### 2

#### WASH YOUR HANDS

Wash your hands often with soap and water or use an alcohol-based hand cleaner.

#### AVOID TOUCHING YOUR FACE

### 4

Germs are spread when a person touches something contaminated then touches their eyes, nose or mouth. The flu virus can live on surfaces for up to 24 hours.

### 3

#### COVER YOUR COUGH OR SNEEZE

Help teach your kids to cough and sneeze into their elbow instead of hand. This helps prevent the spread of germs.



### 5

#### STAY HOME IF YOU ARE SICK

Stay home if you are sick. This helps prevent spreading your illness to others. Do not return to work or school until fever free for 24 hours without assistance of medication.