

Wash your hands often and thoroughly with warm, soapy water.

Keep your hands away from your eyes, nose and mouth.



HEALTHY TOP TEN

3 Don't leave your **used tissues** lying around; throw them away.

Staying Well During Cold & Flu Season

4 Routinely **disinfect shared objects** at work and at home.

5 Ask your health care provider about a **flu shot** and get one during the fall if it's right for you.



6 **Cover your nose and mouth** with a tissue or the inside of your arm when you cough or sneeze — to minimize germs on your hands.

7 **Keep your distance** from others as much as possible during the cold and flu season, especially if people seem sick.



8 **Get enough rest** — 7-8 hours every day.

9 Talk to your provider if a **fever or sore throat** persists beyond 2-3 days or symptoms worsen.

10 Keep **cool air** circulating and surfaces **dry**.