

# Fend Off The Flu

HELPFUL PREVENTION TIPS



## Get your flu shot.

Influenza is the only respiratory virus preventable by vaccination.



## Wash your hands often.

For times when hand washing is not an option, make sure you have some hand sanitizer available to clean your hands.



## Avoid touching your face.

This is the easiest way for germs to get in your body.



## Eat healthy.

Consuming nutritious foods helps boost your immune system so your body can put up a better fight.



## Get some sleep.

Consistent healthy nights of sleep (7 or 8 hours for most adults) gives your body the rest it requires to fight viruses.

If you feel like you are coming down with something, remember to cover your nose and mouth when you sneeze or cough and stay home for a full 24 hours after your fever goes away. And of course, make an appointment with your primary care provider or visit a **Pardee Urgent Care** location if your symptoms won't go away.