

Flu and Colds

How to Avoid Getting and Spreading Them

- Wash hands frequently--always before eating and after using the rest room
Use hand sanitizer if soap and water are not available
- Keep hands away from your face and mouth.
- Cover your mouth when coughing or sneezing.
- Maintain a healthy lifestyle to build your immune system.
- Eat balanced meals, including plenty of fresh fruits and vegetables.
- Drink lots of water.
- Get plenty of rest.
- Avoid prolonged contact with individuals showing possible symptoms of colds or flu.
- GET FLU VACCINE—
 - CDC recommends flu vaccine for infants 6 months and older, children and adults.
 - Flu Mist, a flu vaccine that is administered nasally may be given in place of the injectable flu vaccine for persons ages 2-49.
 - For information about Flu Clinics see Flu Clinic Schedule below

If you get a cold or the flu--

- Stay home when you are ill, keep children at home when they are sick.
- Contact your health care provider if cold or flu symptoms persist or are severe.