

# Flu Prevention Tips

Here's what **YOU** can do ...

- **Get a “Flu Shot”**— protection develops 2 weeks after the shot and can last up to a year
- **Wash hands frequently** — and avoid making contact with your hands to your mouth, nose, and eyes
- **Get adequate amounts of sleep** — sleep aides the immune system
- **Eat a balanced, healthy diet** — to assure that your body is getting the vitamins and minerals it needs to function at its best
- **Avoid smoking and drinking alcohol**— alcohol and tobacco make you more vulnerable to respiratory infections
- **Exercise** — moderate levels of exercise promote the release of hormones that boost the immune system and relieve extra stress
- **Avoid close contact.** — if you do get the flu, stay at home to avoid spreading it to others

