

## Tips for Flu Season

While flu shots offer good protection, they are not the only way to protect yourself from the flu.

**Wash your hands with soap and water—**

**often.** It is one of the best ways to keep from getting the flu. Most cold and flu viruses are spread by direct contact. Someone sneezes on his hand; then he touches something: a toy, computer, telephone or doorknob.



- ▶ Do not cough or sneeze into your hands. Use a tissue, then throw it in a trash can right away.
- ▶ Try not to touch your face—eyes, nose or mouth. Flu viruses can enter the body through them.
- ▶ Stay away from crowds, especially crowds of sick people. If you have just *mild* cold symptoms, stay away from the hospital emergency rooms.

- ▶ Tell your children to talk to sick friends by phone instead of going to their homes.
- ▶ Eat healthy and drink plenty of water. Eat dark green, red and yellow vegetables and fruits. They contain “phyto” chemicals that help boost your body’s immune system. Some studies show that eating yogurt might be helpful. It certainly cannot hurt.
- ▶ Exercise regularly. A recent study actually suggests that mild aerobic exercise may help the body’s healing process.
- ▶ Do not smoke. Heavy smokers get heavier and more frequent colds.
- ▶ Get fresh air. Cold weather does not cause a person to get a cold. Viruses are the cause.
- ▶ Make time for plenty of rest and sleep. Take time every day to relax for 20 – 30 minutes.

Prevention is the key during cold and flu season. Use common sense, and follow these simple tips.

Call the Parent Help Line. We listen. We can find you help.  
544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week.