

Keep Away the Achoos

How to Prevent Catching the Flu

Avoiding isn't always easy. Our involuntary and subconscious actions expose us to more risk than we're aware of. Luckily, there are plenty of voluntary actions we can take to keep ourselves healthy and safe.

1

GET YOUR FLU SHOT
TO REDUCE THE CHANCE OF FLU BY 40-60%

5

DISINFECT SHARED SURFACES

2

WASH YOUR HANDS

6

EXERCISE FREQUENTLY

3

USE A TISSUE
WHEN YOU COUGH OR SNEEZE

7

EAT HEALTHY FOODS

4

DO NOT TOUCH
YOUR FACE, EYES OR MOUTH

8

HAVE ANNUAL CHECKUPS