

## **Healthy Habits: Staying healthy during cold and flu season**

- Keep your distance. Avoid close contact, maintaining personal space to avoid getting germs from others or sharing your germs with them.
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- Don't share personal items (toothbrushes, towels, utensils, etc.).
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- Stay home when you are sick and keep children home from school when they are ill.
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- Wash your hands frequently.
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- Sneeze and cough into your elbow or cover with a tissue. In other words, keep germs off your hands. And put used tissues in a wastebasket. Wash hands after you cough or sneeze.
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- Keep "germy" hands away from eyes, nose, and mouth.
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- Practice good health habits... Get enough sleep, eat a good diet, be physically active, drink plenty of fluids (especially water), manage stress, and get fresh air... every day.
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- Make sure your diet is balanced, with lots of fruits and vegetables, especially dark green, red, and yellow vegetables, and a variety of fruits.
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- Get flu shots to protect against both the seasonal flu and the H1N1 flu virus. The CDC strongly recommends flu vaccinations for both children and adults. H1N1 vaccine is expected to be available later in the fall.
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- Get a pneumonia shot to prevent secondary infection if you are over the age of 65 or have a chronic illness such as diabetes or asthma.