

COLD & FLU PREVENTION

1. **Wash your hands for at least 20 seconds with soap and water!** This is the most important thing you can do to prevent illness. Be sure your children are washing their hands often or using hand sanitizer.
2. **Don't touch your face.** Even if germs are on your hands, they can't enter the body unless you touch your eyes, nose or mouth. Teach your children to not touch their faces either. (You will be amazed at how many times you touch your face once you begin to pay attention!).
3. If your doctor recommends it, get a flu shot for your entire family! Some people are more prone to the flu bug than others such as asthmatics.
4. Don't share food, drinks, lipstick/chapstick or toothpaste with other people, even family members. Germs can carry from one person to the other easily.
5. Avoid kissing on the lips if you feel yourself getting sick. If you have a baby, avoid people touching their hands as well.
6. Clean doorknobs, bathrooms and children's toys with disinfectant cleaner regularly.
7. Yogurt has been shown to stimulate production of an immune system substance that fights disease.
8. Let fresh air into your home at least once a week even if it is extremely cold outside. Studies have shown that the air inside your home is 2 to 5 times worse than the air outside. Allowing fresh air in will help to get stale, unhealthy air out and fresh air in!
9. Get plenty of sleep and drink plenty of water so that your body will be able to fight off illness.
10. **Stay at home if you are sick!** No need to spread your germs to others! Also you need to get plenty of rest as overdoing it will only prolong your illness.



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