

Healthy Tips

SEPTEMBER 2018

Preventing the Cold and Flu

Back to school season means back to germs.

Here's some tips to avoid getting sick:



1

Wash your hands! The best way to prevent getting sick is to wash your hands often.

2

Use disinfectant wipes to clean those objects that your hands are touching on a regular basis like doorknobs, handles, and phones.

3

GET YOUR FLU SHOT! Especially for healthcare professionals exposed to germs.

4

Stay Home when you're sick! Protect yourself and others from spreading germs.

