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.