

Cold and Flu Season Tips



Taking these actions can help you and those around you stay healthy!

- **DISINFECT**
Take some time to wipe down surfaces such as doorknobs, phones, mouse, keyboards, desks, sinks, toys etc. Be sure to wash bedding and clothing frequently, and air out your house/rooms.
- **SLEEP**
Sleep deprivation causes immune systems to weaken. Try to get at least 8-9 hours of sleep. (sleep enables our bodies time to heal).
- **STAY HOME**
If possible, stay home from work, school and errands when you are sick. It is recommended that children (and adults) stay home until they are FEVER FREE for 24 hours WITHOUT medication. Returning sooner may slow your recovery and expose others to unnecessary illness.
- **LIQUIDS/FRESH AIR**
Drink plenty of fluids; hot liquids work well for sore throats, congestion, and sinus discomfort. Try to get some fresh air/sun. Air out rooms, open windows when possible.
- **CLEAN YOUR HANDS**
Washing your hands frequently with soap and water will help prevent the spread of germs. Dry off hands with a clean towel and use the towel to turn off the faucet, this helps prevent re-contamination.
- **AVOID TOUCHING YOUR EYES, NOSE OR MOUTH**
Germs are often spread when a person touches something that is contaminated, and then touches his/her eyes, nose or mouth. This is why the CDC recommends people cough/sneeze into their elbow/clothing instead of their hands.