

Ten Ways to Avoid the Flu

- 1. Eat healthy foods, exercise and get lots of sleep. This will help keep your immune system at its peak.**
- 2. During bad flu outbreaks, avoid crowded areas like malls, theaters and such. This can be very tough to do if you have young kids in school.**
- 3. When you are out, stay alert to others. If someone looks sick avoid them.**
- 4. Make sure you wipe down the handle on your shopping cart prior to using it.**
- 5. Avoid touching any counter tops (banks, restroom sinks, etc.).**
- 6. Don't shake hands if you can help it. Pretend you are oriental and bow instead.**
- 7. Refrain from handling currency. Use a credit card when out and sanitize it when you get home.**
- 8. If you must eat out, try and look for small restaurants at which to eat. Stay away from large venues with large staffs.**
- 9. Wash your hands! If you do nothing else, this is one of the best ways to stay out of trouble.**
- 10. Avoid touching your nose or eyes with your hands. There! You just did it again!**