

# Don't Want the Flu? Here's What You Can Do



**Wash your hands** after touching any surface that may be contaminated.



**Carry hand sanitizer with you.** If soap and water are unavailable, disinfect your hands with sanitizing gel or wipes.



**Keep your germs to yourself.** Always cover your nose and mouth with a tissue when you sneeze or cough. No Tissue? Press the inside of your arm against your mouth and nose.



**No hands on your face.** Avoid touching your eyes, nose, and mouth unless your hands are sanitized.



**Eat healthful food.**



**Get enough sleep and exercise.**



**Flu shots** can be obtained at your physician's office, Walgreen's, CVS, Jewel-Osco, and Meijer at no cost with most insurance plans.