



5 WAYS

TO STAY HEALTHY DURING FLU SEASON

In the United States, over 3 million people are diagnosed with the flu each year. The flu, or influenza, is a contagious respiratory illness in which the virus attacks the nose, throat, and lungs. It often spreads when an infected person coughs, sneezes, or even talks to another person. Although anyone can get the flu at any time, more people are diagnosed during the fall and winter months. This is why it is called flu season. Fortunately, there are several ways to stay healthy and limit your risk. Keep these five ways in mind to support good health during the flu season and beyond.



Wash hands with soap and warm water. Use alcohol-based sanitizer when soap and water are not available.



Eat a variety of antioxidant-rich fruits and vegetables to promote a strong immune system.



Avoid close-contact with those who have the flu virus as much as possible.



Prevent the spread of germs by not touching your (or someone else's) eyes, mouth, or nose.



Frequently clean and disinfect all surfaces and objects.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at the University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

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02/18/2020