

Tips for Flu Season

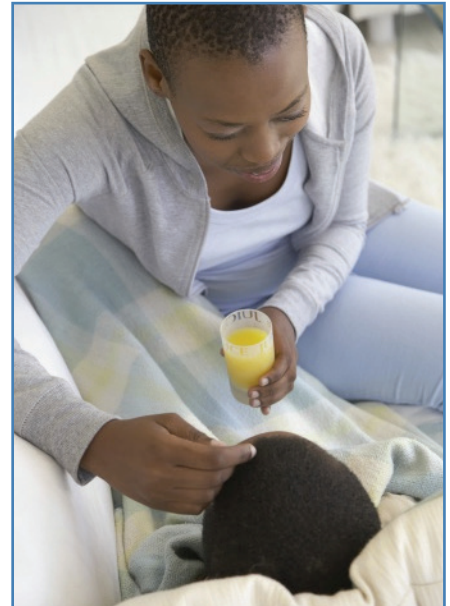
Every flu season is different. The flu is contagious and affects people in different ways. Flu shots offer the best protection against the flu virus.

Doctors at the Center for Disease Control recommend a yearly flu vaccine for everyone 6 months of age and older. Flu vaccines are often updated each season. Talk to your doctor about this year's flu vaccine.

In addition to getting the flu vaccine, you should:

- **Wash your hands with soap and water or use an alcohol-based hand rub – often.**
- Cough or sneeze into a tissue – not your hands. Throw the tissue away and wash your hand with soap and water. Use an alcohol-based rub if you cannot wash your hands.
- Not touch your face – eyes, nose or mouth. Flu viruses enter the body through these areas.
- Disinfect surfaces that you touch – *often*. This includes surfaces in the home and at work.
- Stay away from people who are sick. Use the phone to talk to sick family and friends.
- Eat healthy food.
- Exercise regularly. Get fresh air. Cold weather does not cause a person to get a cold. Viruses cause colds and flu.
- Get plenty of sleep.
- Manage stress – relax for at least 20 – 30 minutes daily.
- *Stop smoking.*
- Stay home for at least 24 hours after your fever is gone.

Prevention is the key to staying healthy during cold and flu season. Get the flu vaccine and follow these simple tips.



*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital
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