

STOP THE FLU!

PROMOTE ... a strong immune system!



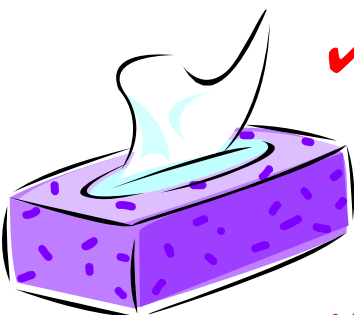
- ✓ Get adequate rest.
- ✓ Exercise for at least 30 minutes on most days.
- ✓ Choose a healthy diet that includes lots of fruits and vegetables.

PROTECT ... yourself against germs!

- ✓ Avoid touching your eyes, nose, and mouth. Germs are often spread hand-to-face.
- ✓ Wash your hands with soap and warm water for 20 seconds, or use an alcohol based hand sanitizer.
- ✓ Stay away from people who are sick, coughing, or sneezing.
- ✓ Get a flu shot to protect you from seasonal influenza.



PREVENT ... the spread of germs!



- ✓ Cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your sleeve, not your hands.
- ✓ If you are sick, stay home from work, school, or errands.



Public Health
Prevent. Promote. Protect.

**West Windsor
Health Department**