

5 ways to avoid getting sick during cold and flu season:

1

Get vaccinated.

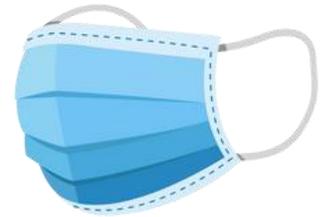
Stay up to date with flu, COVID-19, and RSV vaccinations.



2

Wear a mask in crowded spaces

Put on a mask when you're elbow to elbow with others.



3

Wash your hands often.

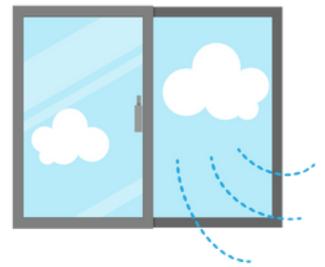
Use hand sanitizer if you can't wash.



4

Keep good airflow indoors.

Open windows and use fans.



5

Get enough sleep & nutritious foods.

Help your body stay healthy.

