

6 Ways to Protect Yourself from Colds and Flu



Keep up healthy eating and exercise habits. Help boost your immune system by eating nutritiously and getting regular exercise.



Disinfect your space. Some Rhinoviruses can live on surfaces for 48 hours!



Wash your hands—often. To completely get rid of viruses from your skin, use warm water, plenty of soap and scrub hard for 20 seconds or more.



Avoid close contact with those who are sick. Keep some extra distance between you and someone who's sick and avoid shaking hands.



Get a flu shot. It's the #1 thing you can do to prevent flu.



Make sure to get enough sleep. Studies suggest a lack of quality sleep can increase your chances of coming down with the common cold.

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