

HealthReach Community Health Centers



**Don't Let the Flu
Get You Down**



October is the beginning of flu season.

Make sure you are up and at 'em:

- ☑ Get a yearly flu vaccine
- ☑ Cover your mouth and nose when you cough or sneeze
- ☑ Wash your hands frequently with soap and water
- ☑ Disinfect often touched surfaces and objects
- ☑ Avoid touching your eyes, nose, or mouth
- ☑ Stick to a regular sleep and exercise schedule

Resources: <https://www.cdc.gov/flu/consumer/prevention.htm>
<https://www.cdc.gov/flu/protect/habits.htm>

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