

8 PHYSICIAN-APPROVED WAYS TO PREVENT THE FLU



USE A HUMIDIFIER

Controlling humidity levels throughout your home with a humidifier, such as Vicks cool and warm mist models, can help prevent the survival of flu viruses on surfaces and in the air.



DON'T TOUCH YOUR FACE

Touching your mouth, nose or eyes can transport germs from your hands to your face.



CLEAN COMMON AREAS

Keeping areas like countertops and door handles clean can help prevent the spread of germs from one person to the next.



WASH YOUR HANDS

By using soap and water to clean your hands often, you can keep germs at bay.

Up to
20%
of the U.S. population
becomes infected with the flu
any given year.

FEND OFF THE FLU WITH THESE TIPS

from
Dr. Keri Peterson



GET SOME SLEEP

Consistent healthy nights of sleep – 7 or 8 hours for most adults – give the body the rest it requires to fight viruses.



EXERCISE OFTEN

Stay strong physically and build your cardiovascular system with regular workouts and a training regimen.



EAT HEALTHY

Consuming nutritious foods can help boost your immune system so your body can put up a better fight.



GET YOUR FLU SHOT

Getting vaccinated can help stop the flu virus before it starts by building antibodies in the body, providing a line of defense against infection.

