



7 WAYS

TO PROTECT YOUR FAMILY FROM THE FLU



THE IOWA CLINIC®



1. get the vaccine

Flu season runs late October – to early May, peaking between December – February. Everyone over the age of 6 months should get the vaccine every year.



2. cover your mouth

Flu germs can spread up to 6 feet through coughs and sneezes. Cough into your arm.



3. wash your hands

It's one of the most effective ways to prevent the spread of germs throughout your home, work, school and community.



4. disinfect

Cold and flu viruses can live on surfaces for up to 3 hours. Wipe light switches, doorknobs, keyboards and other things that encounter frequent contact.



5. healthy habits

Good health habits still apply during the cold and flu season; good nutrition, moderate exercise and adequate sleep will optimize the immune system.



6. stay away from sick people

Don't stop enjoying your life, but take extra precautions when out in the public – wipe down shopping carts, use your sleeve to open doors, etc.



7. act fast

Call your physician right away. Anti-viral medication can be prescribed to treat symptoms. Most important...stay home, rest and drink plenty of fluids.