

# Cold or Flu?

## Why not try to avoid both!

Here are a few tips to help you avoid coming in contact with the viruses that show themselves in the common cold and flu.

- Keep your distance! If you know someone has a cold or the flu, give them plenty of space. The virus is spread through airborne transmission or personal contact.
- Wash your hands. Some viruses survive on door knobs, keyboards and other objects. Touch them, then touch your nose or mouth and you've got it. Wash your hands after being in a public place.
- Avoid sharing mugs, cups, utensils, or towels. Your friend may not look sick today, but.....
- Avoid second-hand smoke. If you smoke, try to quit.
- Eat a well-balanced, healthy diet, drink plenty of water, and get a good night's sleep.
- Get an influenza vaccination ("flu shot") if you are age 65 or older, have a weakened immune system, or if you will be pregnant during flu season.