



# Cold, Flu, Covid-19 Prevention

## Staying Healthy During Flu Season



**#6: AVOID TOUCHING YOUR EYES, NOSE & MOUTH** when you are out in public. When you get home, remove your face mask carefully, throw it away if disposable or wash it if made of cloth. Wash your hands before doing anything else.

**#7: ENSURE YOU HAVE GOOD AIR-FLOW** as much as possible if you are hosting a gathering. Also, make sure to sanitize high-touch surfaces to help prevent the spread of germs.

### TAKEAWAYS

- ✓ **COMMIT** to practicing the above healthy habits & safety measures. Stock up on your vitamins, get your exercise, & make sure you don't cheat yourself out of a good night's sleep!
- ✓ **REMEMBER** that crowded places means more of a chance that there are viruses you may unintentionally pick up & bring home to your loved ones. Take the necessary precautions to help prevent getting infected—wear a mask in public areas, don't touch your face, & wash your hands as soon as you get home.
- ✓ **YOU ARE IN THE DRIVER'S SEAT** when it comes to staying healthy & practicing good habits. Treat yourself well!



### TEST YOUR KNOWLEDGE

1. The COVID pandemic is now over so we can drop our guard a bit when it comes to prevention.      T      F
2. Making sure you get your annual Cold/Flu shot and COVID-19 vaccination boosters will help You stay healthy during the Flu Season.      T      F
3. A study has shown that if a person gets 5 hours or less of sleep, they are more likely to catch Infections such as COVID-19, a Cold or the Flu.      T      F
4. Taking Vitamins Zinc, A, C & D can help boost your immune system, along with eating foods containing these vitamins.      T      F
5. It is okay to touch your face, nose & mouth when out in public as long as you are not sick.      T      F
6. There is no need to wear a face mask in crowded areas now that it is not required.      T      F
7. Another good practice I will commit to during the Flu Season to help me & my loved stay healthy & avoid being infected with COVID-19, Cold or Flu is: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_