



Real people.

I practice healthy habits.

"I ride the train to work every day with people who may have colds or the flu. I don't want to get sick so I take good care of myself. I wash my hands frequently and keep gel sanitizers in my desk and briefcase, and use them often. I also keep myself healthy by exercising regularly, getting plenty of rest, and eating healthy meals."

Make these simple steps a part of your healthy routine:

- Clean your hands often.
- Avoid touching your eyes, nose or mouth as much as possible.
- Stay away from people who are sick.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Get regular exercise, enough rest and eat healthy balanced meals.

Healthy habits can help protect you from the flu.

Real solutions.

Visit www.cdc.gov/flu/

Call 800-CDC-INFO; TTY: 800-243-7889

The best protection against flu is to get vaccinated when possible.

