

FOIL the **FLU**

- **Avoid close contact with people who are sick**
- **Stay home** if you are sick
- **Cover your mouth and nose** to prevent others from getting sick
- **Wash your hands** often to stop the spread of germs
- **Avoid touching your eyes, nose, or mouth** since germs are often spread this way

Keep your immune system healthy:

- Get plenty of sleep
- Engage in physical activity
- Manage your stress
- Drink plenty of water
- Eat healthy foods