

Company \_\_\_\_\_ Location \_\_\_\_\_ Date \_\_\_\_\_

### Vol 29 - No 8 COLDS AND FLU

Colds and flu are common during the winter months. Everyone's had the symptoms such as aching head, fever, shortness of breath, chills, coughing and sneezing. Here are a few suggestions to avoid getting sick and to quickly get over being sick.

1. Talk to your doctor about a flu shot. He can best recommend if it is right for you.
2. Wash your hands regularly, especially before eating or drinking.
3. Try not to rub your eyes. Always wash your hands first before touching your eyes, mouth or nose. Germs could be on your hands.
4. Drink plenty of water. It is important to everyone's good health. Drink plenty of juices for vitamins.
5. Eat a healthy diet. Add fruit to lunch.
6. Always use a clean cup for water beverage.
7. When you are ill, consider the people around you. You may expose them too.



8. If you are sick, be careful of over the counter medicines. Some may make you sleepy. Always follow directions for proper doses.
9. Get plenty of rest for a fast recovery.
10. Colds happen when we do not protect ourselves from cold weather, so dress accordingly.

Stay healthy and happy !

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