

A Good Offense Is Your Best Defense



Arm Yourself Against Flu and Colds
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Help Avoid Colds and Flu




- Avoid touching moist areas of eyes, nose, and mouth
- Wash your hands often
- Exercise regularly

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Relief When You Are Sick

- Drink plenty of fluids
 - Help soothe irritated throat
 - May help relieve coughing
- Get adequate rest
- Use cold-mist vaporizer
 - Adds humidity to relieve dry throat



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Medication Matters



- Over-the-counter products may offer relief
 - Avoid decongestants
 - Nonprescription ibuprofen may effectively reduce fever and minor aches

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