Don’t Want the Flu? Here’s What You Can Do

Wash your hands after touching any surface that may be contaminated.

Carry hand sanitizer with you. If soap and water are unavailable, disinfect your hands with sanitizing gel or wipes.

Keep your germs to yourself. Always cover your nose and mouth with a tissue when you sneeze or cough. No Tissue? Press the inside of your arm against your mouth and nose.

No hands on your face. Avoid touching your eyes, nose, and mouth unless your hands are sanitized.

Eat healthful food.

Get enough sleep and exercise.

Flu shots can be obtained at your physician’s office, Walgreen’s, CVS, Jewel-Osco, and Meijer at no cost with most insurance plans.