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**Know** the difference. Colds symptoms affect you above the neck with a stuffy nose, sneezing, and a cough. Flu comes on suddenly and affects the body all over with fever, chills, and body aches.

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Every fall or winter, get a flu vaccine, the single best way to protect against that year's flu.

3

**Wash** your hands often with soap and warm, running water. Use an alcohol-based hand rub when you can't wash your hands.

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**Keep** your immune system strong with a balanced diet, exercise, and plenty of rest.

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the Dozen™

## 12 Terrific Tips to

# COLD & FLU DEFENSE

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**Try** to avoid close contact with sick people. Keep your fingers away from your nose, eyes, and mouth.

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**To** help prevent the spread of infection, use a virus-killing disinfectant on handrails, doorknobs, and other surfaces that people touch often.

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**If** you have a fever, cough, sore throat, chills, and fatigue, stay home for at least 24 hours after your fever is gone.

8

**Cover** your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

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**Drink** plenty of fluids, such as water, and soup broth, to loosen mucus and keep you hydrated.

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**Both** colds and flu typically have to run their course. Over-the-counter medications may relieve symptoms, but will not cure or shorten the duration.

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**Avoid** caffeinated drinks, such as coffee, tea, and colas, and alcohol, as they can dehydrate you.

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**If** your symptoms worsen or if you think you have COVID, get tested and talk to a doctor.

