

# Secret Weapons Against the Flu

**Get a flu shot.** Or an “influenza immunization” if that sounds better. Either way it’s the NUMBER ONE weapon against the flu. It’s quick, painless, effective, and absolutely *CANNOT give* you the flu.



**Wash your hands, often,** with soap and warm water. And don’t rush it...wash long enough to sing “Happy Birthday” a couple of times. It helps keep germs off you and everything you touch.



**Carry hand sanitizer** everywhere to fight germs when there’s no soap and water around. It’s a good thing to have, well—on hand!

**Use a tissue** when you have to cough or sneeze. Then throw it away immediately. **DON’T** cough or sneeze into your hands! In fact, avoid touching your eyes, nose or mouth, period. That’s where cold and flu viruses get in. So don’t arrange the transportation for them.

Practice healthy habits. **Get regular exercise and plenty of sleep.** And eat balanced meals. It will help your body fight off infection. Get moving and this whole flu thing might work out better for you!



**Disinfectant.** Spray it on and wipe it off your doorknobs, handles, keyboards, faucets, or anything else everyone else touches. It’s a good way to get a handle on the germ-spreading problem.



**Keep a thermometer handy.** An elevated temperature can tell you a lot. [Click here](#) for flu vs. cold symptoms for some hot tips that may help tell whether you’ve got a cold or the flu. They’re pretty cool to know.

**Drink plenty of fluids,** especially water. As it rehydrates you, water flushes bad things out of your system. And that’s a *good* thing.

If you do get sick, **stay in bed!** The rest will help you get better faster. And you won’t be spreading your flu around to the people at work, or church, or meetings, or the grocery store or wherever. Bottom line—if you get the flu, it’s okay to take it laying down.

**Fruits and vegetables** are full of natural chemicals and vitamins that will help you avoid the flu and recover faster if you do get it. So eat plenty of them, got it? (Oh, and that orange in the picture? Think of it as naval warfare.)



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