

# 5 Tips for Combatting Cold and Flu Season

Did you know that it takes only four hours for germs to spread to surfaces around the office when one employee is sick? Check out the five tips below to help you prevent getting – or spreading – an illness.

1. Get a flu shot to proactively protect your health.
2. Wash your hands. The flu, the common cold and many other illnesses are contagious. Scrubbing your hands with soap for at least 20 seconds is the best way to wash away viruses.
  - When you aren't able to wash your hands with soap and water, hand sanitizer is the next best thing to kill germs.
3. Cover your coughs. But not with your hands! Instead, use a tissue or the inside of your elbow.
4. Clean your workspace. Use antibacterial wipes to sanitize your workspace once a week, especially your phone. Some viruses can live on surfaces for up to two days.
5. Take care of yourself. Getting enough rest, exercising and maintaining a healthy diet keeps your immune system strong. Focus on getting enough protein, fruits and vegetables.



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ME20227899

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