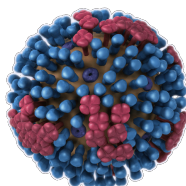


FLU SEASON CHECKLIST



BEAT THE INFLUENZA WITH THESE EASY TIPS

- Get your flu shot as soon as it is available!
- Sneeze and cough into a tissue, and then dispose immediately.
- Wash your hands and count slowly to 20, with soap and water.
- Use Purell antibacterial gel. Follow CDC guidelines.
- Avoid touching your eyes, nose, and mouth.
- Avoid contact with sick people.
- Take flu antiviral drugs.
- Drink plenty of fluids.
- Eat foods that are high in vitamin C.
- Take multi-vitamins every day.
- Get enough sleep, at least eight hours a night.
- Stay hydrated.



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