

Five Ways to Fight Against Flu



Catch your cough the right way!



Wash your hands with soap for at least **20 Seconds**

Take rest at home. Come to school only if no fever for 24 hours.



Eat healthy and exercise regularly.



Go to the doctor and take a flu shot.



Five ways to Fight against Flu

1. Catch your Cough

Use a tissue to cover your nose and mouth while coughing or sneezing or cough on your upper sleeve, not hands.

2. Clean Hands

Wash your hands with soap and water for at least 20 seconds or use a hand sanitizer often.

3. Minimize Contact

Avoid close contact with sick people. If you are sick, take rest at home and return to school only if there was no fever in the last 24 hours. Avoid touching eyes, nose and mouth.

4. Eat healthy and Exercise

A balanced diet and regular exercise will boost your immune system and will not only prevent but also fasten recovery from a flu episode.

5. Take a Flu shot

Influenza is the only vaccine preventable respiratory infection.