How will you avoid the flu?

**GET YOUR FLU SHOT**
To protect yourself, your family, and your co-workers.

**DON’T TOUCH YOUR FACE**
To help keep germs out of your body.

**CLEAN & DISINFECT**
Your home, office or work space to stop the spread of germs.

**GET MOVING**
To boost your immune system and speed recovery from illness.

**WASH YOUR HANDS**
Often with soap and water.

**SMILE**
To help boost your immune system.

**EAT HEALTHY, BALANCED MEALS**
And stay hydrated to strengthen your immune system.

**GET PLENTY OF REST**
To keep your immune system strong.

Join the FLU FIGHT!

University of Vermont Health Network