

# Flu Prevention Tips

**INFLUENZA** can be prevented through vaccination.

**STAY HOME** until your fever is gone for 24 hours without using fever-reducing medicine.

**KEEP HANDS CLEAN** by washing with soap and water or using hand sanitizer.

**EXERCISE** boosts your immune system and speeds recovery from illness.

**COVER YOUR MOUTH AND NOSE** with a tissue when you cough or sneeze.

**EAT HEALTHY** and balanced meals to strengthen your immune system.

**DON'T TOUCH YOUR FACE** with unwashed hands; it's the easiest way for germs to enter your body.

**SMILING** and laughter can help boost your immune system.



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[njhealth.org](http://njhealth.org)  
1.800.222.LUNG (800.222.5864)

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