


**Can't get a flu shot yet? Here are some other ways to protect yourself...**

	1. ASSUME EVERY SURFACE IS CONTAMINATED.
	2. WASH YOUR HANDS for at least 20 seconds under warm water!
	3. USE HAND SANITIZER!
	4. DON'T TOUCH YOUR FACE (until you wash your hands or use hand sanitizer). Flu germs can only get in thru your nose or mouth – keep hands away unless you know they are germ-free!
	5. LEARN THE DRACULA COUGH! Don't cover your coughs and sneezes with your bare hands.
	6. USE FRICTION if you can't wash your hands or use sanitizer. Rubbing your hands together, hard, for a minute or so will break up most of the germs.
	7. DRINK PLENTY OF FLUIDS, especially warm ones.
	8. GARGLE WITH WARM SALT WATER. It helps swish germs away before they can multiply and make you sick.

	9. USE A NETI POT or nasal saline to rinse germs out of the nasal cavity a couple of times a day.
	10. EAT FOODS HIGH IN VITAMIN C and other anti-oxidant phytochemicals. Elderberry and zinc hav also been shown to boost your immune system <sup>[1]</sup> .
	11. GET OUT AND GET SOME FRESH AIR.
	12. GET SOME EXERCISE. It's good for your whole body!
	13. DON'T SMOKE.
	14. CUT ALCOHOL CONSUMPTION. Heavy alcohol use destroys the liver, the body's primary filtering system.
	15. RELAX! Relaxation helps activate your immune system.

<sup>[1]</sup> <https://health.clevelandclinic.org/elderberry-a-natural-way-to-boost-immunity-during-cold-and-flu-season/>