







So you can't get a flu shot yet? Here are some other ways to protect yourself...

	<p>1. ASSUME EVERY SURFACE IS CONTAMINATED.</p>
	<p>2. WASH YOUR HANDS for at least 20 seconds under warm water!</p>
	<p>3. USE HAND SANITIZER!</p>
	<p>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!</p>
	<p>5. LEARN THE DRACULA COUGH! Don't cover your coughs and sneezes with your bare hands.</p>
	<p>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.</p>
	<p>7. DRINK PLENTY OF FLUIDS, especially warm ones.</p>
	<p>8. GARGLE WITH WARM SALT WATER. It helps swish germs away before they can multiply and make you sick.</p>

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