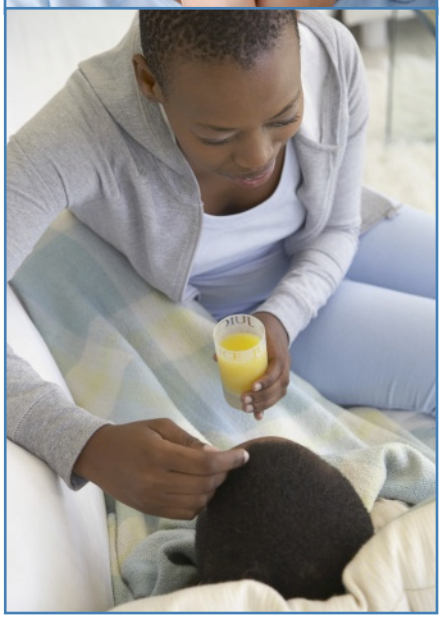
Safe kids Healthy kids Happy kids

Tips for Flu Season

Every flu season is different. The flu affects people in different ways. *Flu shots offer good protection against the flu virus.* Doctors at the Center for Disease control recommend a *yearly* flu vaccine for everyone over the age of 6 months. Talk to your family doctor. Ask about the types of vaccines and when they are available.

Vaccines are not the only way to protect you and your family from the flu.



- **Wash your hands with soap and water—*often*.** Most cold and flu viruses are spread by direct contact.
- Do not cough or sneeze into your hands. Use a tissue, and then throw it away.
- Do not touch your face—eyes, nose or mouth. Flu viruses enter your body through these areas.
- Stay away from crowds, especially crowds of sick people.
- Tell your children to talk to sick friends by phone.
- If you have flu symptoms, stay home for at least 24 hours after your fever is gone.
- Eat healthy and drink plenty of water. Dark green, red and yellow vegetables and fruits contain "phyto" chemicals that help boost your body's immune system.
- Exercise regularly. Mild aerobic exercise may help the body's healing process.
- *Do not smoke.* Heavy smokers get heavier and more frequent colds.
- Get fresh air. Cold weather does not cause a person to get a cold. Viruses are the cause.
- Make time for plenty of rest and sleep. Take time every day to relax for 20 – 30 minutes.

Prevention is the key to staying healthy during cold and flu season. Get the flu vaccine and follow these simple tips.

Brought to you by Parent Help Line and St. John's Children's Hospital

Parent Help Line

Call the Parent Help Line. Help is just a phone call away.
1-217-544-5808 or 1-888-727-5889, 10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

Children's St. John's Hospital
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