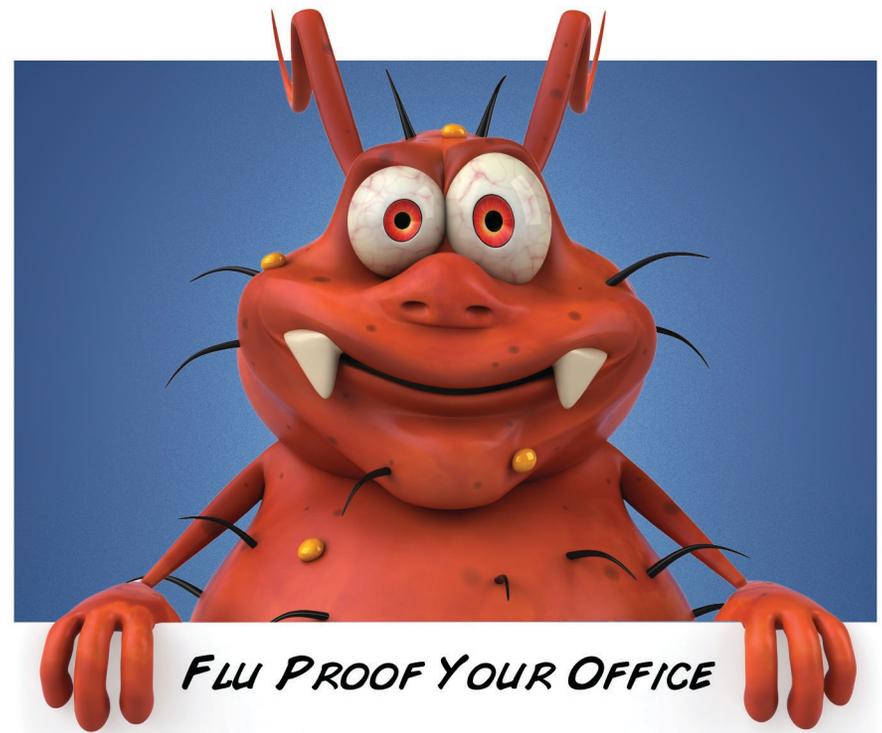




- Get a flu shot
- Wash your hands
- Wipe down your stuff
- Sleep 7-8 hours
- Eat right
- Don't hang out with sick people
- Don't touch your eyes, nose, mouth
- Sneeze into your elbow
- Exercise daily
- Sick? Stay home



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