

# FOR COMBATING THE FLU

## WE NEED TO....



- **Avoid close contact** with people who are sick.

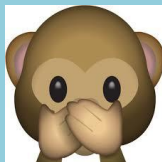


- **Stay home** when you are sick.



- **Cover your mouth and nose** when sneezing or coughing.

- **Wash your hands often!!!**



- **Avoid touching your** eyes, nose, or mouth.

- **Frequently clean** touched surfaces.



- **Increase Vitamin C**

- **Stay Hydrated**



This information is brought to you by:

1. The providers of the Herington Area Health Clinic: Christina Gantenbein APRN, and Edelis Taylor APRN.
2. The CDC:  
<https://www.cdc.gov/flu/protect/habits.htm>.

For more information, please contact the Herington Area Health Clinic at 785-258-5130 or visit our website: <https://heringtonhospital.org/herington-area-health-health-clinic/>.