Your health is in your hands.

Boost Your Immunity!

- Set a regular sleep schedule, and stick to it.
- Limit the stress in your life by planning ahead and keeping perspective.
- Exercise your body. Try to get half an hour of physical activity each day.
- Ensure that your phone, keyboards, and door knobs are disinfected.
- Party without alcohol and tobacco.
- Enjoy a balanced diet and drink lots of water.
- Attempt to limit contact with sick people; don’t share cups, lip balm, utensils, etc.
- Take the time to clean your hands properly. Wash with warm water and soap for at least 20 seconds, or use an alcohol-based sanitizer (60+ % alcohol).

For more information about flu prevention, vaccination, and treatment, visit www.gannett.cornell.edu