Ready for cold & flu season?

TAKE

Take time to get vaccinated for the flu when shots are available.
Accept the fact that you live in Ithaca. Buy a hat and bundle up.
Keep alcohol-based sanitizers in your backpack, purse, or desk.
Ensure that your phone, keyboards, and door knobs are disinfected.
Avoid close contact with people who are sick.

SOME

Stock up on tissues; buy a thermometer, and cold medicines.
Have soups, crackers, bottled juices and water at the ready.
Optimize your immune system by getting regular sleep and exercise.
Take time to educate yourself about cold and flu prevention, vaccination, and treatment. Then educate others!

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