

preventing illness:

5 tips for

combatting cold and flu season

Did you know that it takes only four hours for germs to spread to surfaces around the office when one employee is sick? Check out the five tips below to help you prevent getting – or spreading – an illness.



1. Get a flu shot. Your neighborhood MedExpress offers flu shots before flu season begins to proactively protect your health.



2. Wash your hands. The flu, the common cold, and many other illnesses are contagious. Scrubbing your hands with soap for at least 20 seconds is the best way to wash away viruses.

- When you aren't able to wash your hands with soap and water, hand sanitizer is the next best thing to kill germs.



3. Cover your coughs. But not with your hands! Instead, use a tissue or the inside of your elbow.



4. Clean your workspace. Use antibacterial wipes to sanitize your workspace once a week, especially your phone. Some viruses can live on surfaces for up to two days.



5. Take care of yourself. Getting enough rest, exercising, and maintaining a healthy diet keeps your immune system strong. Focus on getting enough protein, fruits, and vegetables.

Sources: Health.com, WebMD

medexpress.com   

This information is not intended to replace the advice of a physician. It is information that is generally available. Each person has unique medical needs based on several factors including age, genetics, body type and build, medications, exposures to illness and medical history, to name a few. Always seek the advice of a physician or other qualified healthcare provider prior to beginning an exercise program, making dietary changes, or with any questions you may have regarding a medical condition that you are experiencing. If you are suffering from a non-emergent medical situation, it is suggested that you visit the nearest MedExpress center or your family physician. If you believe you are experiencing a medical emergency, call 911.

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