

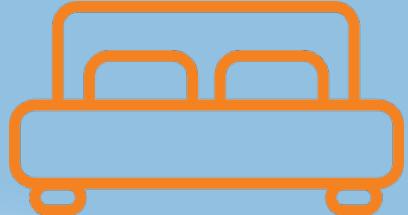
8 Ways to Protect Yourself from Cold and Flu



Get a flu shot annually



Wash your hands often throughout the day

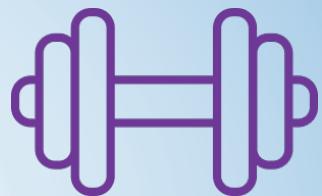


Get 7-8 hours of sleep nightly



Practice daily meditation

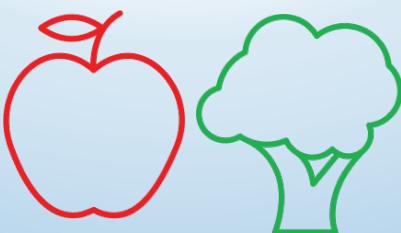
Strategies for Staying Well



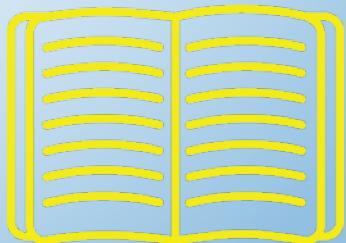
Exercise regularly



Spend time outdoors every day



Eat lots of brightly colored veggies and fruit daily (ROY G BIV)



Manage stress in healthy ways