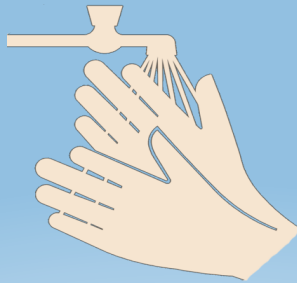


# 8 Ways to Protect Yourself from Cold and Flu



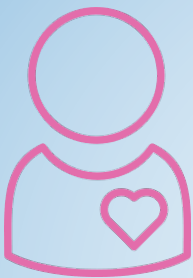
**Get a  
flu shot  
annually**



**Wash your hands  
often throughout  
the day**

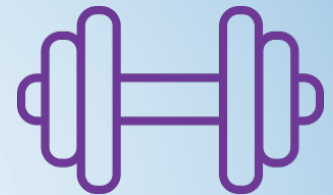


**Get 7-8 hours  
of sleep  
nightly**



**Practice daily  
meditation**

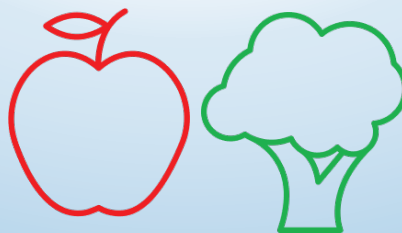
**Strategies  
for  
Staying Well**



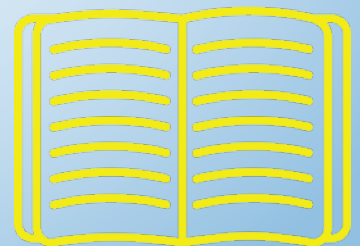
**Exercise  
regularly**



**Spend time  
outdoors  
every day**



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



**Manage  
stress in  
healthy ways**