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Ways to Reduce Your Flu Risk



1. Get a flu shot



2. Wash your hands often

- After using the restroom
- Before and after eating
- After coughing or sneezing



3. Avoid touching your mouth and nose



4. Avoid being around sick people



5. Take care of yourself

- Eat fruits and vegetables
- Get enough sleep
- Be physically active



6. Cover your mouth when coughing or sneezing

- Use a tissue
- If you don't have a tissue, cough into your elbow



Office on Aging

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