

Stay Healthy! This Cold and Flu Season

1. Wash your hands often to prevent the spread of germs.
2. Get the flu and pneumococcal vaccines.
3. Exercise regularly.
4. Eat healthy foods.
5. Get 6-8 hours of sleep a night.

Antibiotics **DO NOT** kill a virus.

- The common cold and flu are caused by viruses.
- Talk to your doctor or pharmacist about using antibiotics the right way.
- Antibiotics can lose their power to kill germs if you don't use antibiotics correctly.

Talk to your doctor or pharmacist about what you can do to feel better if you do get sick.

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