

the hard cold and flu facts

TOP 3
THINGS
TO DO
TO AVOID
THE FLU
AND
GETTING
SICK.



Get a Flu Shot



Wash your hands - **a lot***



Cover your coughs & sneezes



It takes
7 to 10
days to
get over
a cold.



Stay at
home
while
you are
sick.

16%

Hand-washing* can
reduce the risk of
respiratory infections.



*We are really, really into hand-washing. Cuts the gross factor way down.



South Carolina