

# Stay Well

Prioritize your health with smart prevention and care

## Avoid the germs



### WASH WELL

Washing your hands is the best way to avoid getting a cold. Use an alcohol based hand sanitizer if you can't wash.



### USE A TISSUE

Viruses cling to bare hands, so use a tissue and throw it away. If you don't have one, use the inside of your elbow.



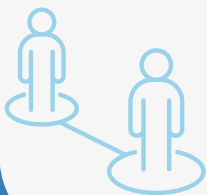
### HANDS OFF

Germs enter your body through your eyes, nose, and mouth. Avoid things like biting your nails, pencil chewing, and rubbing your eyes.



### SANITIZE SURFACES

Clean and disinfect hard surfaces at home and work. Don't forget your electronics. Some germs can live 48 hours.



### STEER CLEAR

It can be hard to avoid sick people. Distance is best with respiratory illness. Give them their own dedicated space. Stay home if you are sick.

## Boost your health



### WORK YOUR HEART

Aerobic exercise is anything that gets your heart pumping. It helps increase your body's natural virus-killing cells.



### EAT SIMPLY

Colorful fruits and vegetables give you the best vitamins and minerals to support your immune system.



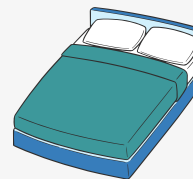
### GET YOUR SHOTS

Talk to your doctor about which annual vaccines are right for you and the best time to receive them.



### TAKE IT EASY

Watch out for stress, sugar, smoking, and drinking alcohol. These can dampen your immune responses.



### REST UP

Make time for a minimum of 7 hours of sleep each night. It is essential for cell repair.

## How to ease symptoms

Stay hydrated

Stretch to avoid stiffness

Rest

Get vitamins from a variety of foods

Humidify the air

Finish any medicine you are prescribed

Get extra fluids with chicken soup

Take warm showers or baths

Ginger and honey teas soothe sore throats

Gargle with saltwater

Take OTC pain medication to manage aches

## Call your doctor if:

- Your symptoms last longer than two weeks.
- Your symptoms worsen.
- You develop new symptoms, as you could have another type of infection.
- You have a sore throat or a fever higher than 100 degrees for longer than three days.
- You are experiencing chest pain or shortness of breath.

## Am I contagious?

### Cold

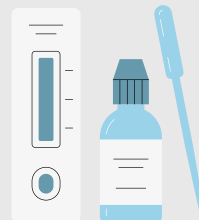


Mild symptoms, including runny nose and congestion. Most contagious on days 2 and 3.

### Flu



Sore throat, congestion, fever, aches - all which come on suddenly. Contagious for about 5 days from onset.



### Covid 19

Congestion, fatigue, cough, sore throat. Most contagious through day 5.

### RSV



Severe coughing, wheezing, shortness of breath. Most contagious on days 1 to 5.