

## PROTECT YOURSELF AGAINST RESPIRATORY INFECTIONS

Do you dread the winter months because of frequent colds, bronchitis and other respiratory infections? Are you searching for ways to stay healthy during the winter season? Follow these helpful suggestions to guard against respiratory infections:

### 1. Build up your immunity

- Eat a balanced diet with plenty of fresh fruits and vegetables
- Get adequate rest
- Exercise regularly
- Reduce stress

### 2. Maintain good personal hygiene

- Avoid touching your nose, eyes or mouth with your hands
- Cover your mouth and nose with a tissue when sneezing or coughing. Be considerate of others and do **not** spit onto the street. Saliva and mucus can carry germs that spread diseases.
- Wash your hands frequently with soap and water. Use a paper towel to dry your hands, turn off faucet, and turn doorknobs.



### 3. Stop smoking and avoid second hand smoke

### 4. Avoid crowded places with poor ventilation

### 5. Keep homes and workplaces well ventilated

### 6. Get an annual flu shot especially if you have chronic health problems such as diabetes, asthma, cancer, or heart disease.