

10 Tips for a Healthy Cold and Flu Season

Use the tips below to boost your immunity against the viruses causing the common cold and flu

- 1.) **Get the flu vaccine every year.**
- 2.) **Get regular, moderate exercise:** aim for 30 to 60 minutes of activity every day.
- 3.) **Get adequate sleep each night:** make it a goal to get 7 to 8 hours of sleep each night.
- 4.) **Minimize your alcohol intake**
- 5.) **Quit smoking:** Smoking lowers the effectiveness of your immune system.
- 6.) **Wash your hands frequently:** Simply washing your hands reduces your risk of contracting an infection
- 7.) **Maintain a healthy weight.**
- 8.) **Eat a healthy diet:** high in fruits, vegetables, whole grains, and lean sources of protein. Limit your intake of foods high in saturated fat and sodium.
- 9.) **Reduce your stress:** take time out of your day to do an activity that you enjoy such as reading or yoga.
- 10.) **Get regular medical screening tests for people in your age group and risk category.**



Adapted from the article "How to Boost Your Immunity" from *The Truth About Your Immune System*, a Special Health Report from Harvard Health Publications. Created by AmeriCorps member Amy Houser

