

Sunday Morning

Health Corner

Flu Season is Here!

Tips to Stay Healthy

Follow these tips to stay healthy and keep others healthy this flu season:

- **Wash your hands** frequently during the flu season. Remember to wash your hands for 20 seconds.
- **Avoid touching your eyes, nose or mouth.** Viruses are often spread after a person touches something that is contaminated with the virus and then touches his or her eyes, nose or mouth.
- **Avoid contact** with people who are sick.
- **Cover your mouth when coughing or sneezing** and encourage others to do so. Wash your hands afterward.
- **Stay home** if you have a respiratory infection when possible.

Continue the conversation with us on social media!

@thebalmgilead @hc2020



www.balmingilead.org

