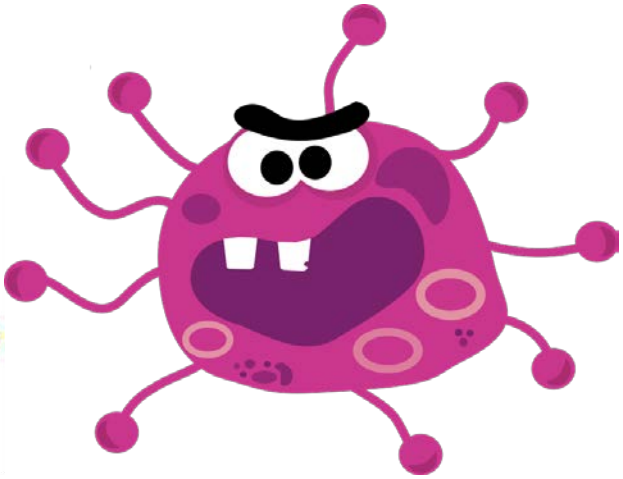
TIPS for this FLU Season

1. **Get your FLU shot.**
2. **Every time you shake someone's hand, wash yours (soap and water preferred).**
3. **Keep your hands off your face.**
4. **Go to bed get 8 hours of sleep each night.**
5. **Build up your immune system with healthy food.**
6. **Work out this also builds your immune system.**
7. **Stay away when sneezing and coughing: sneeze and cough to you elbow.**
8. **Sanitize yourself: Please wash your hands !!!!!!!!!!**
9. **Another reason to quit Smoking.** Smoking increases the risk of infections by making structural changes in the respiratory tract. Take this opportunity to get help to stop smoking.
10. **Did you just double dip that chip?** Beware of the dip. It may be harboring more than savory salsa. Double-dippers may be passing germs to those who eat after them.
11. **Do not be a nail biter:** Biting your nails may be hurting you. Germs get under your nails and nibbling is a fast way to ingest them.



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