



# Boost Your Immunity!

**S**et a regular sleep schedule. Stick to it.

**L**imit stress by planning ahead and keeping perspective.

**E**xercise your body. Strive to break a sweat for 30 min each day.

**E**nsure that your phone, keyboards, and door knobs are disinfected.

**P**arty without alcohol and tobacco.

**&**

**E**njoy healthy meals & snacks. Include lots of veggies. Hydrate with water.

**A**void or limit contact with sick people. Don't share cups, lip balm, utensils, etc.

**T**ake the time to clean your hands properly. Wash with warm water and soap for at least 20 seconds, or use an alcohol-based sanitizer (60+% alcohol).

For more information about flu prevention, vaccination, and treatment: [health.cornell.edu](http://health.cornell.edu)



**Your health is in your hands.**

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