Boost Your Immunity!

Set a regular sleep schedule. Stick to it.

Limit stress by planning ahead and keeping perspective.

Exercise your body. Strive to break a sweat for 30 min each day.

Ensure that your phone, keyboards, and door knobs are disinfected.

Party without alcohol and tobacco.

Enjoy healthy meals & snacks. Include lots of veggies. Hydrate with water.

Avoid or limit contact with sick people. Don’t share cups, lip balm, utensils, etc.

Take 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