

## *Protect Your Body...Your Temple*

### HEALTHY HABITS FOR FLU SEASON

- Wash your hands
- Cover your cough
- Avoid touching your eyes, nose or mouth
- Limit close contact with people who are sick

Those over 65 or have a long-term illness like diabetes or heart disease are at HIGH risk for the flu and pneumonia.

### PROTECT YOURSELF AND YOUR LOVED ONES... WITH HEALTHY HABITS



## *Protect Your Body...Your Temple*

### HEALTHY HABITS FOR FLU SEASON

- Wash your hands
- Cover your cough
- Avoid touching your eyes, nose or mouth
- Limit close contact with people who are sick

Those over 65 or have a long-term illness like diabetes or heart disease are at HIGH risk for the flu and pneumonia.

### PROTECT YOURSELF AND YOUR LOVED ONES... WITH HEALTHY HABITS



## *Protect Your Body...Your Temple*

### HEALTHY HABITS FOR FLU SEASON

- Wash your hands
- Cover your cough
- Avoid touching your eyes, nose or mouth
- Limit close contact with people who are sick

Those over 65 or have a long-term illness like diabetes or heart disease are at HIGH risk for the flu and pneumonia.

### PROTECT YOURSELF AND YOUR LOVED ONES... WITH HEALTHY HABITS

