

# Flu & Cold

TAKE  
PREVENTATIVE  
ACTION

As we step into the new year, it's crucial to prioritize our health, especially amidst the flu and cold season. With dropping temperatures and fluctuating weather, our bodies are more susceptible to illnesses. Here are some essential tips to help you stay healthy and ward off the flu and colds:

## Essential Tips



### Get Vaccinated

The flu vaccine is one of the most effective ways to prevent the flu. Make sure you and your family

### Practice Good Hygiene

Wash your hands frequently with soap and water for at least 20 seconds, especially after coughing,

members are up to date with flu shots. It's not too late to get vaccinated!

sneezing, or being in public places. Use hand sanitizer if soap and water are not available.

### **Boost Your Immune System**

Eat a balanced diet rich in fruits, vegetables, and whole grains. Stay hydrated by drinking plenty of water. Get enough sleep and manage stress levels to keep your immune system strong.

### **Stay Active**

Regular exercise can help boost your immune system and reduce the risk of getting sick. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

### **Avoid Close Contact with Sick Individuals**

If possible, avoid close contact with people who are sick, and if you're feeling unwell, stay home to prevent spreading illness to others.

### **Cover Your Mouth and Nose**

When coughing or sneezing, cover your mouth and nose with a tissue or the inside of your elbow to prevent the spread of germs.

### **Clean and Disinfect Frequently Touched Surfaces**

Regularly clean and disinfect surfaces and objects that are frequently touched, such as doorknobs, light switches, and electronic devices.

### **Monitor Your Symptoms**

If you start experiencing symptoms of the flu or a cold, such as fever, cough, sore throat, body aches, or fatigue, contact your healthcare provider for guidance on treatment and whether testing is needed for COVID-19 or other respiratory illnesses.

***Take care of your health and schedule an appointment at our clinic for health screenings and other daily health checkups.***



**COLUSA**  
412 4th St.

**CHICO**  
1074 East Ave. Suite Q

**SALINAS**  
333 Abbott St. Suite A

Colusa, CA 95932  
**(707) 732-8679**

[Schedule Appointment](#)

Chico, CA 95926  
**(707) 732-8679**

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Salinas, CA 93901  
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