

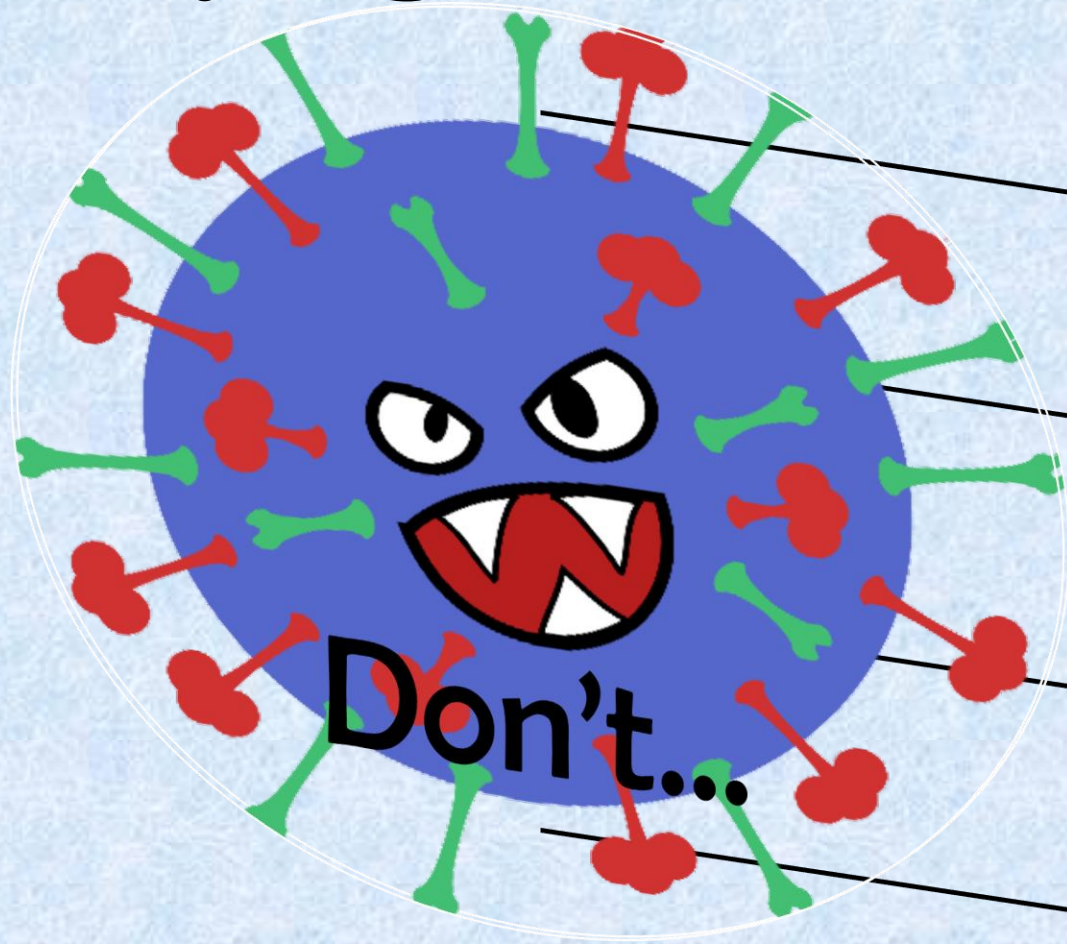
A sneeze or cough
can reach a velocity of **10 mph**



&

can travel **200 feet!**

Staying well during cold and flu season



...touch
your face



...touch keypads and
elevator buttons

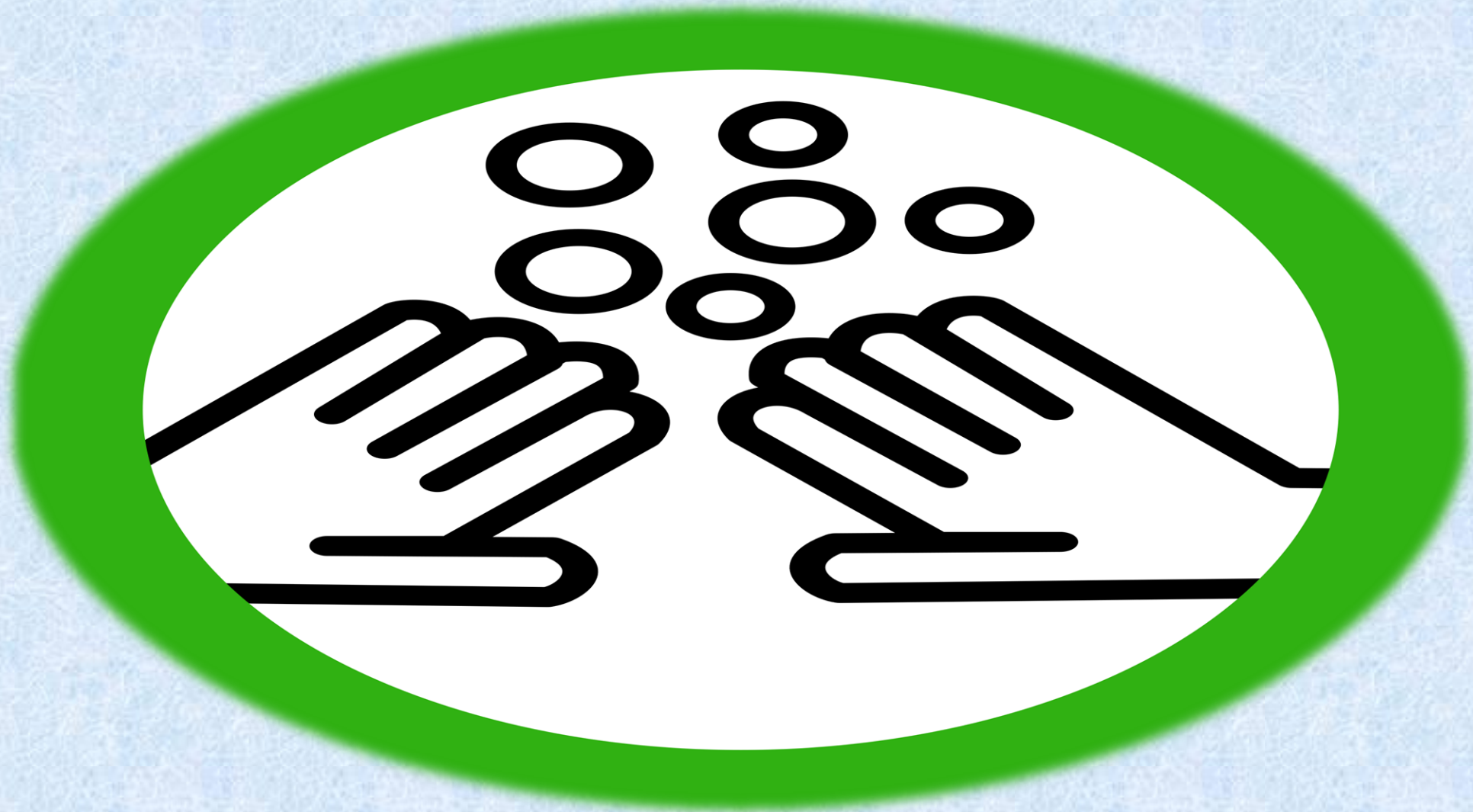


...go near
sick people



...forget to wash
your hands

Washing your hands: best defense



Recovering from a cold and the flu



Hydrate

- Water is best
- Add honey

Rest

- Eight hours minimum
- Stay home, if possible

Eat well

- Fruit with vitamin C
- Chicken soup