

# *Pandemic Flu Information*

Preventive measures for contagious illnesses include coughing in your sleeve, washing hands and keeping surfaces sanitized with 10% bleach and 90% water solution. Anyone with flu-like symptoms should see a physician and stay away from the public or work areas.

To make yourself more resistant to colds and flu, eat healthy.

To bolster defenses, start moving. The more you exercise, the fitter you get, and the more able you are to resist infection and disease.

The key to maintaining a strong, vital immune system is to learn to deal with your stress in healthy ways by deep breathing, meditation, exercise, journaling, walks with friends, etc.

The immune system needs sleep to work its best, probably eight or more hours a night.

There is evidence that healthy doses of certain vitamins and minerals and certain herbs can be helpful in strengthening immune systems and preventing certain problems.

**MOST IMPORTANTLY — COUGH IN YOUR SLEEVE. WASH HANDS FREQUENTLY AND SANITIZE WORKSPACE .** Austin County will continue to monitor all flu information.