

Cold & Flu Prevention Tips

1. Boost your immunity

Eat nutrient-rich foods like citrus fruits and leafy greens. Stay hydrated and get plenty of sleep.

2. Wash your hands

Scrub with soap and water for at least 20 seconds especially before eating.

3. Manage stress

Stress can weaken your immune system. Practice mindfulness, take breaks, and get outside.

4. Get vaccinated

Stay protected this season with preventive care including wellness visits and flu vaccines.



Don't wait. Take charge of your health today!



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