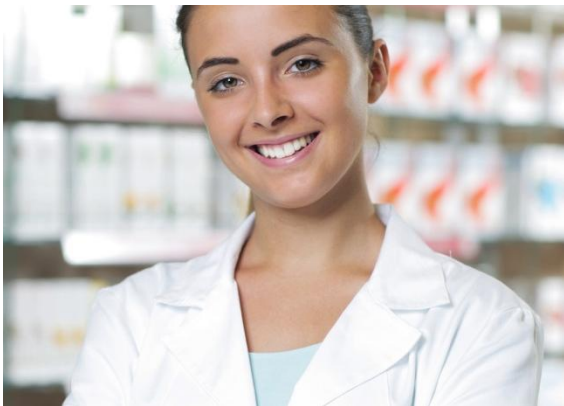


Meijer pharmacists and national health experts cite the seasonal influenza vaccine as the No. 1 way to reduce the risk of getting the flu and spreading it to others. Now is the best time to get vaccinated because it takes about 2 weeks for antibodies to develop in the body and provide protection against the influenza virus.

Here are some other good health habits to prevent the flu and stop the spread of germs:

BUILD YOUR IMMUNITY

- Take zinc and vitamin C supplements
- Drink plenty of hot fluids, like herbal tea
- Eat healthy foods
- Get plenty of sleep and exercise
- Manage your stress



STOP THE SPREAD

- Cover your mouth and nose with a tissue when coughing or sneezing
- Wash your hands often with soap and water, or use an alcohol-based hand sanitizer
- Clean any surfaces you've touched with disinfectants
- Replace your toothbrush after you've been sick, as it might harbor germs
- Stay home when you are sick