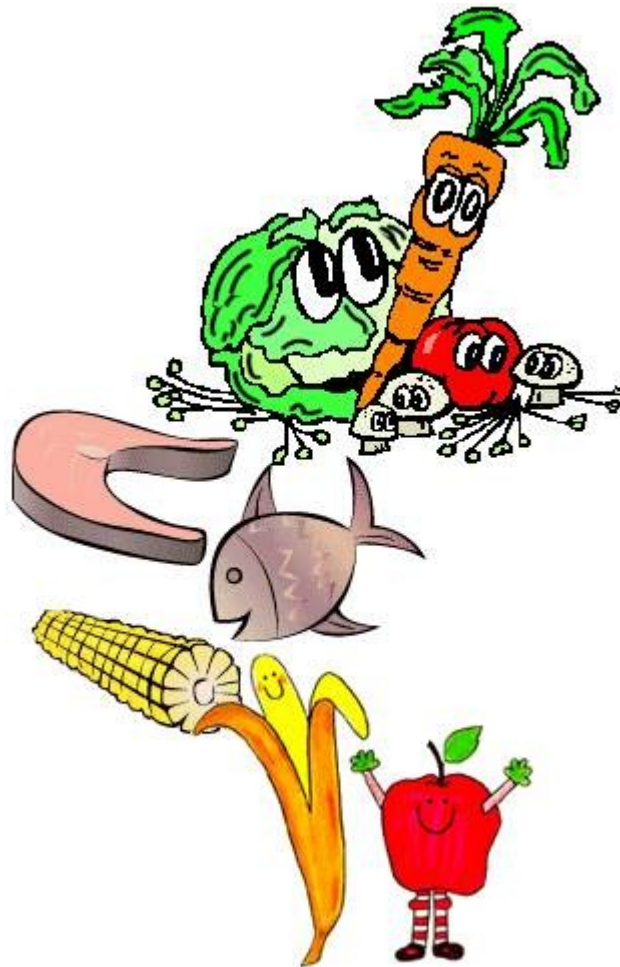
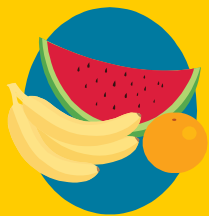
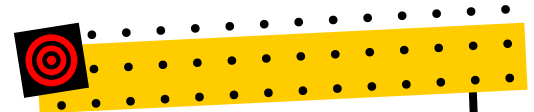


More Flu Season Tips

1. Encourage children to always wash their hands
2. Sneeze or cough into arm, rather than your hand.
3. Travel with hand sanitizer.
4. Getting a flu shot for both you and your child is the best way to avoid the flu!



A healthy diet full of fresh fruits and vegetables will help both you and your child avoid the flu this season!



Boosting Your Immunity During Flu Season!

▶ Lauren Bollier

CSU CHICO NUTRITION INTERN

▶ Boosting Your Immunity During Flu Season

The flu season has approached us once again and it is important to try and stay healthy during this time. Children and pregnant women are most at risk for catching the flu this season. By following some simple steps in your everyday life, you can boost your immunity and be flu free this season!



Encourage kids to sneeze into a tissue or their arm



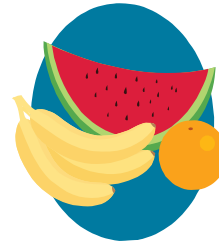
Drink Plenty of Water

- 6-8 glasses a day
- Staying hydrated helps the body flush out any unwanted toxins
- Avoid sugary juices and sodas



Eat Fresh Fruit and Veggies

- Aim for at least 5 servings a day
- Choose a wide variety of colors
- Fresh, seasonal fruits & veggies contain vitamins & minerals that play an important role in your body's immune system
- Strawberries, blueberries, oranges, broccoli, spinach, tomatoes, sweet potatoes carrots, squash are all great choices!



You can now buy fresh fruits and vegetables with your WIC checks

Get Plenty of sleep

- Newborns need up to 16 hours a day!
- Adults should aim for 7-8 hours
- Your body renews itself during sleep
- Lack of sleep makes it harder for your body to fight off bad bacteria and viruses



Exercise & Have a Healthy diet

- 30-60 minutes of physical activity a day
- Get your child to play outside, exercise helps boost their immune
- Make healthy meals that your child will enjoy.



Breastfeed Your Baby

- Breast milk helps your baby build up his or her immune system
- Helps your baby fight off disease and bacteria
- Most natural & beneficial act a mother can do for her child

