

**HOPING TO AVOID THE COLD AND FLU SEASON?
HERE ARE SOME PRACTICAL TIPS:**

1. Get a flu shot. Attend one of the on-campus flu clinics or make an appointment by calling Health Services at 726-8155.
2. Wash your hands frequently and thoroughly!
3. Build a strong immune system. How do you do that? You're a college student, under stress, living amongst the masses, fellow students coughing and sneezing in your space. There are lots of studies out there that point to common sense and inexpensive things you can do to avoid getting sick. Here they are:
 - Water, water, water. Don't buy bottled water. Duluth tap water is some of the best in the nation. Get a large refillable bottle fill it, drink it and repeat. Do this about 8 times per day.
 - Get at least 7 hrs of sleep. The supporting evidence is very strong in this category. Those that get 7-9 hrs of sleep **DO NOT** get sick nearly as often as those that are chronically sleep deprived.
 - Get moving!! Go to the gym or better yet, get outside and walk, run, or whatever to get your heart rate pounding. Leave your cell phone at home!! Breathe fresh air and enjoy the gorgeous landscape surrounding you!! The experts recommend at least 20 mins aerobic exercise 5 times/week.
 - **DO NOT SMOKE.** Also do not be around 2nd hand smoke.
 - Eat nutritious foods including lots of colorful fruits and veggies!
HERE'S TO GREAT HEALTH!!