



Tips for Keeping Healthy this Winter



The college school year is starting and the winter season is right around the corner. Unfortunately, that also means the flu season is approaching. We're here to help, so we collected a few tips to better protect and keep you healthier this year.

1. Make sure to wash your hands with warm water and soap as often as possible.
2. Try to avoid touching your mouth, nose and eyes as this can spread germs easily.
3. Always cover your mouth (and nose) with a clean tissue while coughing and/or sneezing.
4. Try to get an adequate amount of sleep every night and eat a well balanced diet.
5. If prescribed antiviral medicine from your doctor, take it as often and exactly as prescribed.