FLU TIPS FOR TRAVEL

- Get the flu shot.
- Prepare a travel health kit, including tissues, pain or fever medicine, soap and hand sanitizer.
- Cover your mouth and nose when you cough and sneeze.
- Wash your hands often and use hand sanitizer as soon as you settle into your seat, after touching public surfaces and before eating.
- Use wipes to sanitize your seat belt, tray table and arm rests at the beginning of your flight.
- Drink plenty of water.

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