



HEALTH AND WELLBEING CHECKLIST

Date

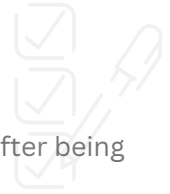
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Cold and Flu Prevention

Strengthen your defences against seasonal illnesses with this simple prevention checklist.

Wash Hands Frequently

- Scrub with soap and water for at least seconds to remove germs effectively.
- Tip: Use hand sanitiser with at least 60% alcohol when soap isn't available, especially after being in public places.



Avoid Touching Your Face

- Keep your hands away from your eyes, nose, and mouth to prevent germs from spreading to mucous membranes.
- Tip: Practice mindfulness to reduce unconscious habits of face-touching.



Maintain a Healthy Diet

- Eat foods rich in vitamins C and D to boost immunity and energy.
- Example: Include citrus fruits, leafy greens, fortified foods, and fatty fish like salmon in your meals.



Stay Hydrated

- Drink plenty of water to keep your body functioning optimally and flush out toxins.
- Tip: Add lemon or cucumber slices to your water for added flavour and extra nutrients.



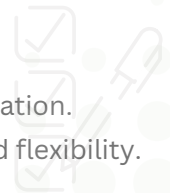
Get Adequate Sleep

- Aim for 7-9 hours of sleep per night to support immune health and recovery.
- Tip: Establish a consistent bedtime routine to improve sleep quality and duration.



Exercise Regularly

- Incorporate moderate exercise to strengthen your body's defences and improve circulation.
- Example: Do 30-minute brisk walks 5 days a week or try yoga for added stress relief and flexibility.



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Checklists



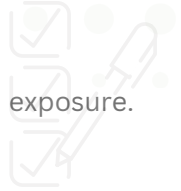
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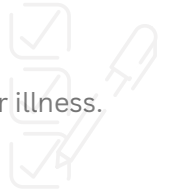
Disinfect Common Surfaces

- Clean frequently touched items like doorknobs, keyboards, and phones to reduce germ exposure.
- Tip: Use disinfectant wipes or sprays designed to kill viruses and bacteria effectively.



Avoid Close Contact with Sick Individuals

- Maintain distance if someone near you is unwell to lower your chances of catching their illness.
- Tip: Politely excuse yourself or limit time spent in shared spaces with sick individuals.



Cover Coughs and Sneezes

- Use a tissue or your elbow to contain droplets and prevent spreading germs.
- Tip: Dispose of tissues immediately and wash your hands afterward.



Consider Seasonal Vaccinations

- Get recommended flu vaccines to reduce the risk of severe illness and complications.
- Tip: Schedule vaccinations early in the season for maximum protection throughout peak flu months.



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