

How to prevent cold and flu



With the increase of sicknesses in our community, here are ways to stop the spread:

- Wash your hands
- Cover your nose and mouth when coughing or sneezing
- Disinfect your space, sanitize all high-touch points.
- Stay home when you are sick
- Take your vitamins: VitC and Zinc
- Healthy, whole food, balanced meals
- Plenty of rest!
- Avoid alcohol intake and smoking.
- Get your flu shot



If you are needing any medications picked up from pharmacy, let me know. FB msg or phone the office. (250-283-2015)