

Andy Lunceford: Best ways to keep from getting a cold or flu. To keep from getting a cold or flu stay healthy, get a flu shot every year, wash your hands. Stay healthy. Eat healthy foods. Stay active.

Eat healthy foods. Eat from the five food groups every day, fruits, grains, dairy, vegetables and protein. Tips for healthy eating. Drink water, tea or fruit juices without sugar. Stay away from soft drinks and fast food. Eat fewer foods that have lots of fat, sugar or salt. Get a flu shot every year. Everyone over the age of six months old needs one. For you, for the people that support you.

Wash your hands. Remember to wash your hands before and after eating, after blowing your nose, after coughing or sneezing, after using the bathroom, around people who are sick. First, get your hands wet with warm water. Use soap. Rub soap all over your hands. Make sure you get between your fingers, on your wrist. Rub your hands together while you count to 10 and then count to 10 again. Rinse your hands. Get all the soap off. Dry your hands. Use a clean cloth or paper towel. Use a towel to turn off the water.

Remember, to keep from getting a cold or flu, eat right, exercise, get plenty of rest, get a flu shot, wash your hands often.