1. Check Your Calendar
You’re most likely to come down with a cold or flu-like symptoms between September and May. The “flu” can be any number of viral illnesses caused by a variety of sources, however, you should time your influenza vaccination to make it more effective. It will take two weeks for the protection to start.

2. Have a Sneezy Pal? Keep Your Distance
Cold and flu germs pass through the air from person to person. When a sick person coughs, sneezes, or talks, tiny drops of mucus hit the air. Those droplets can spread out to about 6 feet.

3. Keep Towels Separate
You wouldn’t share a tissue with someone, but most of us forget that bathroom towels harbor germs too.

4. Moisten the Air
If the air in your home or workplace is very dry, germs will stick around longer. Run a humidifier to make it harder for illness to spread.

5. Sanitize Surfaces
Germs can live on hard surfaces like doorknobs and keyboards for up to 8 hours.

6. Lather Up
Wash those bugs right off of your hands. Use warm water and soap, and scrub your hands for at least 20 seconds.

7. Take Care of Yourself
To help your body fight off cold and flu germs, you’ll want to get enough rest, exercise, and stay at a healthy weight.
Walking can help to lower your risk for many health problems. Learn more [here](#).

Use food as fuel before, during, and after you workout. Learn more [here](#).

Wear bug spray when outdoors to prevent diseases that are transmitted by bugs. Learn more [here](#).

One way you can prevent heart disease is by maintaining a healthy weight. Learn more [here](#).

Balance exercises are important for ensuring health in your older years. Learn more [here](#).

Did you meet your health goals this month? Check them below.

Prepare a new healthy dish this week. [Start with this healthy recipe](#).

Schedule an appointment to get your annual influenza shot next month.

Three ways I can focus on my health this month:

1. 
2. 
3. 

Start this month focusing on your health goals. Write your three new health goals at the bottom of this page.