



Signal Health Group - Tips for Staying Healthy During Flu Season



Stay protected this flu season with [Signal Health Group](#)'s expert tips! Boost your immune system by maintaining a balanced diet rich in fruits and vegetables, staying hydrated, and exercising regularly. Prioritize proper hygiene by washing your hands frequently and avoiding touching your face. Ensure you're getting adequate sleep to keep your body resilient. Don't forget to get your annual flu vaccine for added protection. If you feel unwell, rest and seek medical advice promptly. Follow these proactive steps to stay healthy and safeguard yourself and your loved ones this flu season.