CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Cold and Flu Prevention

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



10 steps · Print-ready A4

NAME	START	TARGET DATE

1 Wash Hands Frequently

Scrub with soap and water for at least 20 seconds to remove germs effectively.

TIP *Use hand sanitizer with at least 60% alcohol when soap isn't available, especially after being in public places.*

2 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.*

3 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.*

PREVIEW



Like the design?

Get the full version: every step with examples and tips, a reflection page, no watermark.

Get the full version

PREVIEW