Flu Season is now here! The winter season usually means people get coughs and colds which can be easily spread. Allianz Global Assistance has put together some tips to help you avoid the spread of illness amongst your friends, and peers.

**Top tips:**

1. Always wash your hands
2. Cover your mouth and nose when sneezing or coughing
3. Drink plenty of water
4. Vitamins can help boost your immune system
5. Keep your distance from people who are sick
6. Get plenty of sleep

If you do get a cold, stay at home, keep warm and get plenty of rest.