

Our main focus is to keep our immune system strong and one way to do that is by washing our hands well and often. This is probably the best thing we can do to keep those nasty little germs at bay.

A simple cartoon illustration of a blue glass filled with water. A large splash of water is erupting from the top of the glass, with several droplets captured in mid-air above the main splash. The glass is a light blue color with a darker blue outline.

These are a just a few things that can aid us in staying healthy, there are many more ways to help us out during germ season. Choose the ones that are most beneficial and work best for you and your busy lifestyle.

Be well!