

Have a healthy holiday for you & your pet

Physical and mental wellness tips to get
you both through New Year's.

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Deter dog flu

While canine influenza can't be transmitted to humans, washing your hands can help prevent the spread from dog to dog¹



Scrub & sing

When washing your hands, sing "Happy Birthday" twice (about 20 secs) to ensure you're scrubbing long enough to get rid of germs



6

Number of feet droplets from coughs and sneezes containing human flu virus can travel²



Hands off

Cough and sneeze into your sleeve or the crook of your elbow, not your hands



8

Number of hours the human flu virus can remain on surfaces³



Cleanliness is next to wellness

Frequently disinfect your desk, keyboard, mouse, phone and other high-contact areas



Improve immunity

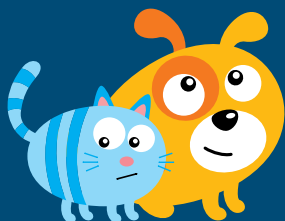
7-8 hours of sleep is optimal for keeping your immune system strong⁴

Exposure to pets helps boost kids' immune systems⁴



Let it go

Forget unrealistic ideas of a "perfect" holiday and focus instead on what matters most: family and friends



Pet a pet

When you pet a dog or cat, your stress hormones go down and your "feel-good" hormones go up

Give your pet the gift of health this holiday season.

Get a quote on Nationwide® pet insurance.

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¹Nationwide Pet Healthzone: <http://www.petinsurance.com/healthzone/pet-articles/pet-health/Canine-Influenza.aspx>. ²Centers for Disease Control and Prevention: <http://www.cdc.gov/nonpharmaceutical-interventions/workplace/employees.html>. ³Mayo Clinic: <http://www.mayoclinic.org/diseases-conditions/insomnia/expert-answers/lack-of-sleep/faq-20057757>. ⁴Journal of the American Medical Association: <http://jama.jamanetwork.com/article.aspx?articleid=195228>.

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