• Get a flu shot – Worried you might end up having to take time off work when you inevitably come down with the flu? There’s an easy solution to this problem – get a flu shot! Going to your doctor for an annual flu shot is the best possible way to avoid falling sick this flu season. You’ll be doing yourself and your coworkers a favor.

• Drink lots of water – “But what about the common cold?” you might be asking. It’s true that the flu shot doesn’t protect against the cold, but there are ways that you can guard yourself against it. Drinking water boosts the immune system, helping the body fight off invading germs.

• Have some pumpkin – As everyone who loves Halloween will tell you, fall is pumpkin season, and, since pumpkins are full of vitamins A and C, enjoying everyone’s favorite squash can also boost your immune system and help you get the right amount of nutrients into your body.

• Enjoy the weather – If the summer heat kept you indoors for the last few months, then autumn is the perfect opportunity to make up for lost time outdoors. Take advantage of the moderate weather to get in some running or walking before the winter cold arrives.