

Prevent the Flu

We **all** have a role to play to prevent the spread of the flu on campus

**GET
THE
FLU
SHOT
EACH
YEAR**

Keep Germs Away

Wash your hands often with soap and water. Use an alcohol-based hand rub if soap and water are not available

Avoid touching your eyes, nose and mouth without clean hands

Clean and disinfect surfaces regularly, especially on things you touch often (cell phones and laptops included)

IS IT FLU?

Fever?

Cough?

Sore throat?

Runny or stuffy nose?

Muscle or body aches?

Tired?

Headaches?

Got the Flu?

Avoid contact with others if you are sick

Remain at home until fever free for 24 hours (without use of fever reducing medication)

Cover nose and mouth with a tissue if you cough or sneeze and throw tissues away right after use. Wash your hands



www.cdc.gov/flu

Not feeling well? Call Student Health Services for an appointment: 610-436-2509