



A message from Health Services:

Don't end up feeling like this! Follow these tips to avoid the flu:

1. Get the Flu Vaccine. Did you know it takes up to 14 days get protection. Follow this link to find a location near you: http://www.flu.gov/stay-connected/vaccinelocator_2011.html
2. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based cleaners are also effective.
3. When you have to cough/sneeze, do so into your sleeve, not your hands.
4. Eliminate your micro swapping behaviors!
5. Avoid touching your eyes, nose or mouth. Germs spread that way.
6. Open your office window daily for fresh air.
7. Disinfect your office space by wiping down high use surfaces with Clorox or Lysol wipes daily. You may also use Lysol spray.
8. Eat a well-balanced diet, drink plenty of liquids, get 8-9 hours of sleep a night, and exercise regularly. Keeping your immune system healthy prevents illness.
9. Know the symptoms and get treated early. If you suspect the flu call your doctor to seek medical advice.
10. Temporarily limit contact with others that are ill due to the flu.