

Student Health Services

FLU PREVENTION TECHNIQUES

AVOID CLOSE CONTACT

- ◆ Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

STAY HOME WHEN YOU ARE SICK

- ◆ If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

COVER YOUR MOUTH AND NOSE

- ◆ Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

CLEAN YOUR HANDS

- ◆ Washing your hands often will help protect you from germs.

AVOID TOUCHING YOUR EYES, NOSE OR MOUTH

- ◆ Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.