

1.

Vaccination is the best way to prevent illness. If you have not been vaccinated, you are strongly encouraged to do so at a local drugstore or with your family physician.





2.

Wash! Wash! Wash your hands! Wash often with soap and water for 20 seconds (as long as it takes to sing the “Happy Birthday” song twice), especially after sneezing or coughing. If you can’t get to a sink with soap, clean hands with 60% alcohol-based hand cleaner.

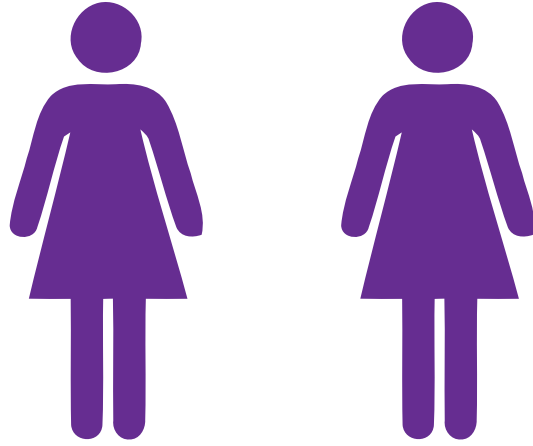




3.

Avoid touching your eyes, nose, or mouth and sharing food and drinks. Germs spread this way. (Also through hugging, kissing, and shaking hands.)





4.

Try to avoid close contact with sick people.

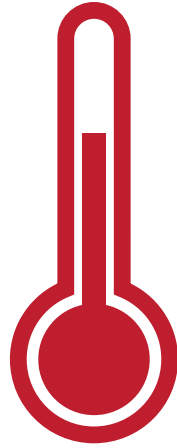




5.

Students living together should frequently clean commonly used surfaces such as doorknobs, refrigerator handles, remote controls, and countertops.

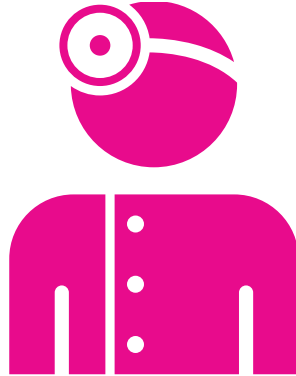




6.

If you are sick with flu-like symptoms stay home from class or work. Be sure to visit the Student Health Center for an evaluation and treatment. Staying away from others while sick can prevent others from getting sick too. Ask a roommate or friend to check up on you and bring you food and supplies if needed.





7.

If you are at higher risk for flu complications (pregnant women, people who have chronic medical conditions such as asthma, diabetes, or heart disease, children under the age of 5 years and people age 65 years and older) you should immediately consult with your health care provider if you develop flu-like symptoms or have been in close contact with someone who has the flu.





8.

Contact the Student Health Center by calling 610-519-4070 to make an appointment or simply walk in on the third floor of the Health Services Building for an evaluation if you are experiencing flu-like symptoms.





9.

Cover your cough and sneezes with a tissue, or cough and sneeze into your elbow. Throw out used tissues in the trash.

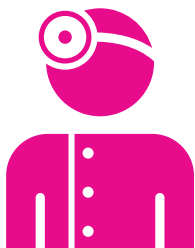
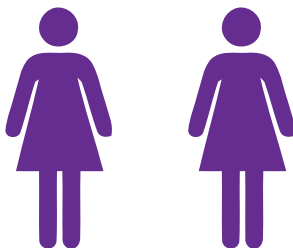




10.

Do your best to stay healthy—Get plenty of sleep, drink lots of water, manage your stress and eat nutritious food.





10 things you can do to
stop the spread of
germs that cause seasonal flu

