

Staying Healthy

Take everyday actions to stay healthy.

- Wash your hands often with soap and water, especially after you cough, sneeze, or use the bathroom.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw your used tissues in the trash, and then wash your hands.
- Use an alcohol-based hand sanitizer frequently. Carry your own bottle with you.
- Avoid touching your eyes, nose, or mouth. Avoid kissing people who are sick.
- Do not share towels, utensils, cups, straws, etc.
- Eat a balanced diet and get an adequate amount of sleep.



This message is brought to you by the University Health Service.

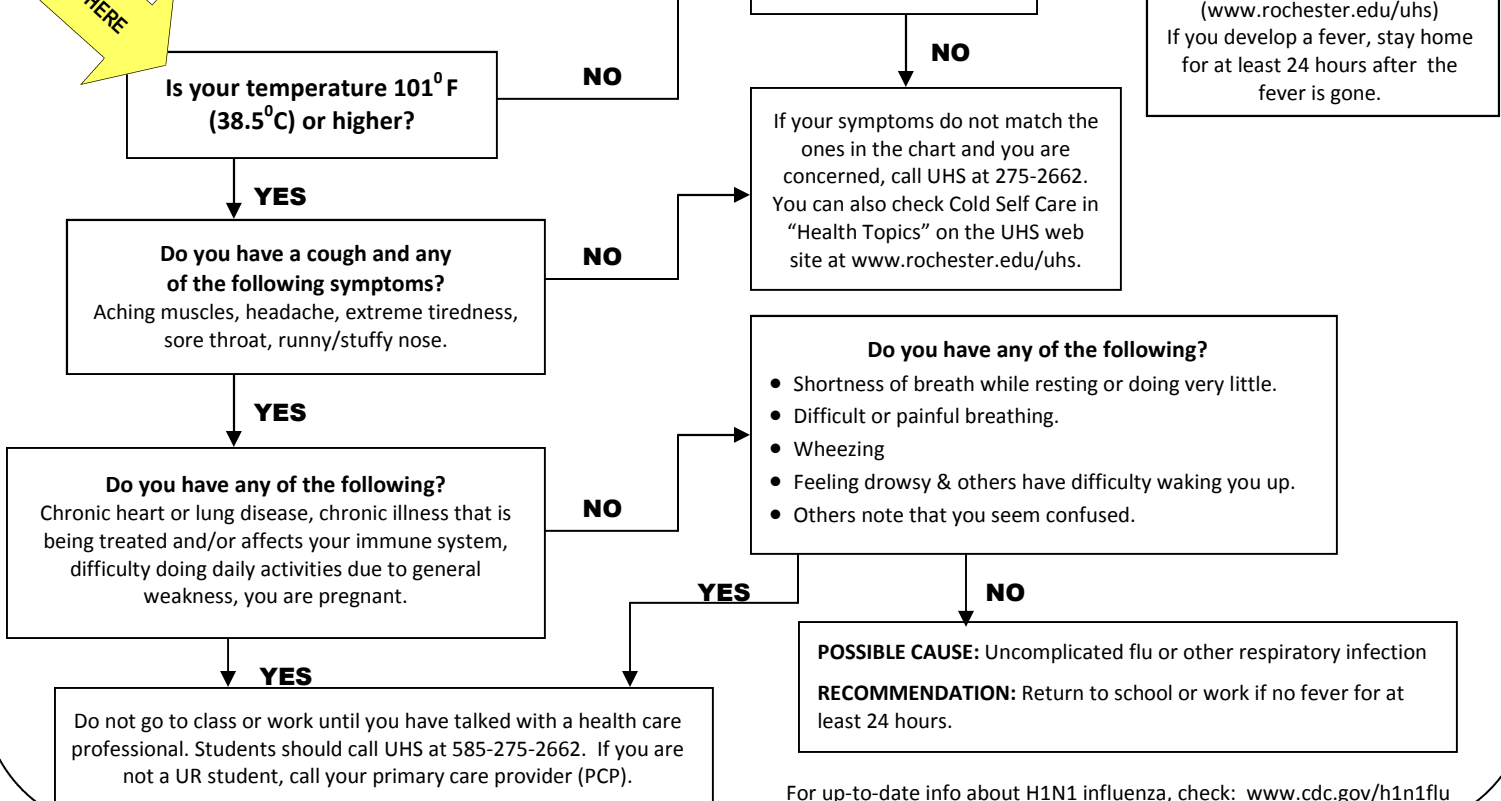
Get a flu shot for seasonal flu and for H1N1 flu, when available. UHS will hold flu vaccine clinics this fall. Check the Weekly Buzz for announcements.



Feeling Sick? Follow our chart for help.



Do You Have Influenza? A Self Assessment Tool



For up-to-date info about H1N1 influenza, check: www.cdc.gov/h1n1flu