7 TIPS TO AVOID THE FLU

1. Get your flu vaccine. The flu shot is your best defense against flu. Schiffert Health Center offers the flu shot for $24.00. Call 231-6444 to schedule an appointment.

2. Wash your hands often with soap & water, especially before eating, after using the bathroom, and blowing your nose or sneezing.

3. Avoid touching your eyes, nose, and mouth, which transfers germs from your hands to your face. Keep hand sanitizer in your bag for times soap & water aren’t available.

4. Don’t share your food, drink, or utensils with others to prevent the spread of germs, including flu virus.

5. Avoid close contact with sick people. Encourage your friends to stay home when sick & disinfect shared spaces.

6. Cover your nose or mouth when you cough or sneeze. Use a tissue if possible or the crook of your elbow. Don’t forget to wash your hands!

7. Eat right. Exercise. Get enough sleep. All of these strengthen your immune system, keeping it in top shape to fight-off viruses like cold and flu.

More info available at www.healthcenter.vt.edu:
- Flu vaccine
- Flu signs & symptoms
- Flu treatment & care