

Flu Prevention TIPS for TERPS

AVOID GETTING SICK.

- Wash your hands with soap & water thoroughly & frequently •
- Cover your mouth & nose whenever you cough or sneeze •
 - Don't share eating utensils, drinks, or toothbrushes •
 - Avoid kissing or hugging when you or others are ill •
- Make an appointment with the University Health Center or your Primary Care Provider if you do get sick •
 - Dress appropriately for the weather •
 - Sleep at least 7 hours each night •
 - Eat nutritious foods •

PLAN AHEAD.

Make a "Cold/Flu Season" self-care package in case you get sick with colds or flu. Include items such as:

- Tylenol or other non-aspirin fever reducer • Lip balm •
- A thermometer • A package of dry chicken noodle soup •
 - A decongestant (Regular & non-drowsy formula) •
 - Crackers • Anti-bacterial hand gel •
 - A box of tissue • Cough drops •

**Your friends at the Health Center
remind you to wash your hands
to stop the spread of germs
here and everywhere.**

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