

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 of sanitizer with you & use it often.
- Avoid touching your eyes, nose, or mouth. Avoid kissing people who are sick.
- Do not share towels, utensils, cups, straws, etc.

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.

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