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. Washing your hands is the best way to prevent the spread of germs.
- 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 someone who is sick.
- Do not share towels, utensils, cups, straws, etc.
- Eat a balanced diet & get an adequate amount of sleep.
- Get a flu shot every year.

Flu Shots at the University Health Service (UHS)
Call UHS at 585-275-2662 to schedule a flu shot. Flu shots will be given while supplies last. Please bring your insurance card.

Check “Health Topics” on the UHS web site (www.rochester.edu/uhs) for ways to care for the cold or flu. For up-to-date info about the flu, check: www.cdc.gov/flu

⭐ The single best way to protect against the flu is to get vaccinated each year. ⭐