Stay Healthy

- Washing your hands with soap and water thoroughly and frequently is the best defense against getting sick.

- Avoid touching your eyes, nose, and mouth, which accelerates the spread of infections.

- Regularly sanitize your living and work spaces (bathrooms, counters, doorknobs, light switches, telephones) with a bleach-based cleanser.

Needing care? Contact University Health Service: (585) 275-2662.
Wash your hands often with soap and water for at least 20 seconds.

Avoid touching your eyes, nose, and mouth.

Stay hydrated and get plenty of rest.

Avoid close contact with people who are sick.

When you are sick, stay home.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces (doorknobs, counters, light switches, telephones).

Get your flu vaccine. It’s not too late!

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