

Avoid the flu this fall

Practice Good Hygiene

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Properly dispose of used tissue.
- Clean your hands after coughing or sneezing.
- Wash with soap and water for at least 20 seconds or use alcohol-based hand cleaner.

Avoid Contact

- Avoid touching eyes, nose, and mouth.
- Avoid shaking hands.
- Avoid sharing cups and utensils.
- Avoid contact with others if you have flu-like symptoms.

Isolate and Inform

- Stay home from work if you become ill.
- Self-isolate in your home during illness and for at least 24 hours after your fever is gone (fever should be gone without the use of a fever-reducing medicine).
- Inform your supervisor and any close contacts of your illness.

Faculty and Staff experiencing flu-like symptoms, such as fever with cough and/or sore throat, should immediately call their personal physicians.



**University
Health
Services**

**Don't let flu ruin
your semester.**

Environmental Health and Safety

