FLU PREVENTION & MANAGEMENT TIPS

GET VACCINATED  Influenza is the early respiratory virus preventable by vaccination.

WASH YOUR HANDS  Wash them often with soap and water.

STAY HOME  Stay home for a full 24 hours after your fever goes away.

KEEP SANITIZER CLOSE  Use it often and tell those around you to do the same.

EXERCISE  It boosts your immune system and speeds recovery from illness.

DON'T TOUCH YOUR FACE  This is the easiest way for germs to get into your body.

EAT WELL  Eating healthy, balanced meals can strengthen your immune system.

SMILE  Studies show that smiling can help boost your immune system.

Brought to you by Student Health Advocates (sha.ucsd.edu)