Cy says, **STAY HEALTHY** and prevent the spread of the flu!

**GET THE FLU VACCINE!**
It’s available at Student Health.

**WASH YOUR HANDS!**
Especially after you blow your nose, cough or sneeze!

**AVOID!**
Avoid close contact with people who are ill with the flu.

**COVER YOUR COUGH!**
Cover your nose and mouth with a tissue (or your elbow) when you cough or sneeze. Wash your hands after!

**TAKE CARE OF YOURSELF!**
Get plenty of sleep, eat a nutritious diet and avoid high stress levels.

What do you do if you **GET THE FLU?**

**STAY HOME!**
Stay home until your symptoms subside.

**REST!**
Rest, drink plenty of fluids and consider an over-the-counter medication to help with your symptoms.

Most cases of the flu won’t require a visit to the doctor. Call your doctor if you experience worsening symptoms like: increased cough with shortness of breath or periods of prolonged fever greater than 101°F that aren’t relieved by taking over-the-counter, fever-reducing medications.

For all your health needs, visit the Thielen Student Health Center at www.cyclonehealth.org.