Cy says, "STAY HEALTHY and prevent the spread of H1N1!"

Cover your cough!
Cover your nose and mouth with a tissue (or your elbow) when you cough or sneeze.

Wash your hands!
Use soap and water and wash often...especially after you cough or sneeze! Hand sanitizers are also effective.

Get enough rest!
Eight to nine hours is ideal. If you can’t do that, try napping!

Exercise!
Don’t be afraid to try new things, it can excite you about working out all over again!

Eat Healthy!
And eat regularly! A piece of fruit between meals is a good snack!

Head Home!
If you are sick and live on campus or in the Greek community, it’s best to stay away from other people or head home. Don’t go to work or classes if you’re sick!

For all your health needs, visit the Thielen Student Health Center at www.health.iastate.edu