

# FLU ALERT

While the Centers for Disease Control still lists California as having “regional” outbreaks of flu, patterns indicate that we are headed for “widespread” status.

**If you have not had a flu vaccine, it is still advisable to get one.** Check with your healthcare provider or check [www.findaflushot.com](http://www.findaflushot.com). As well, many CVS pharmacies are still providing flu shots.

## **Here are some things that you can do to avoid getting the flu:**

- Stay at least three feet away from anyone who is coughing or sneezing.
- Wash your hands often with soap and water. Alcohol-based cleaners are also beneficial in the absence of soap and water.
- Try to avoid touching your face. The nose, eyes and mouth are often where infections begin.

## **Symptoms of flu:**

- Fever, usually high
- Fatigue
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches and headaches

## **If you have flu symptoms:**

- Avoid social contacts. This means stay home as much as possible!
- If you have to go out, keep a minimum of a three foot distance from others.
- Cover your nose and mouth when you cough or sneeze. Use tissue only once.
- Wash your hands frequently, but especially after coughing or sneezing. Alcohol-based cleaners are helpful.

Please contact Student Health Services, ext. 4400, for further information.