

PREVENT THE FLU, COLDS & OTHER INFECTIONS



- **Cough or sneeze into your elbow, not your hands**
- **Stay home when you are sick**
- **Get your rest**
- **Eat well, don't skip meals**
- **Avoid touching your eyes, nose, or mouth**

Get the Flu Vaccines

Seasonal & H1N1

Check our website for more information

- **Wash your hands with soap and water for a minimum of 20 seconds or use antiseptic gel**
- **Exercise**
- **Manage your stress**
- **Drink plenty of non-alcoholic fluids**
- **Don't smoke**
- **Don't share drinking cups, eating utensils or food**



Appointments and After-Hours Nurse Advice Line

(541) 346-2770

www.healthcenter.uoregon.edu