

FOIL the **FLU**

(in 5 easy steps)

- 1 Avoid close contact with people who are sick.**
- 2 Stay home if you are sick.**
- 3 Cover your mouth and nose to prevent others from getting sick.**
- 4 Wash your hands often to stop the spread of germs.**
- 5 Avoid touching your eyes, nose, or mouth since germs are often spread this way.**

Keep your immune system healthy:

- Get plenty of sleep.**
- Engage in physical activity.**
- Manage your stress.**
- Drink plenty of water.**
- Eat healthy foods.**



Due to the shortage of flu vaccine this year, only those students who fall in one or more of the following categories should receive a flu shot:

- Has a chronic illness**
- Has regular contact with children less than 6 months old**
- Is 65 years old or older**
- Will be pregnant during the flu season (November-March)**
- Is a health professions student working in a health care facility**

More info:

Arizona Department of Health Services (www.azdhs.gov/flu)

Campus Health Service (www.health.arizona.edu)
(Click on "Health Education On-line Library", then "General Health", then "Influenza")

