

FIGHT THE FLU

Prevent the flu with these good health habits.

1. *Avoid close contact.*

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. *Stay home when you are sick.*

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

3. *Cover your mouth and nose.*

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. *Clean your hands.*

Washing your hands often will help protect you from germs.

5. *Avoid touching your eyes, nose, or mouth.*

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. *Practice other good health habits.*

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Source: Centers for Disease Control and Prevention

Watch for these symptoms: fever, sore throat, cough, body aches and, occasionally, vomiting and diarrhea.

If you have a fever greater than 100 degrees Fahrenheit and cough, take the following actions:

- Call the IU Health Center at (812) 855-5002.
- Isolate yourself to keep from potentially exposing other people.
- If you consult your private health care provider and are informed you have the flu, call the IU Health Center at (812) 855-5002.

Indiana University is monitoring the flu outbreak daily.

Visit indianauniversity.info for news about what IU is doing to prevent and limit the flu on campus and for tips on how to stay healthy.

