STAY HEALTHY THIS SEMESTER!

SHARING IS CARING, BUT NOT YOUR GERMS...

1. Get your flu shot, if you haven't already
2. Avoid close contact with those who are sick
3. Stay home when you are sick
4. Cover your mouth and nose when coughing or sneezing
5. Wash your hands regularly (at least 20 sec)
6. Avoid touching your eyes, nose, and mouth
7. Get plenty of sleep
8. Be physically active
9. Manage your stress (positive outlook)
10. Eat nutritious food and drink plenty of fluids

For more details, visit cdc.gov/flu/protect/habits
For inquiries, contact us at (505) 277-3136 or at shac.unm.edu