

Flu Season Preventive Measures

Brought to you by the Diversity Advisory Committee

- It's not too late to get a flu shot (it takes two weeks before it is fully effective).
- Wash your hands often with soap and water or use an alcohol-based hand rub or sanitizer.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- Try to avoid close contact with sick people.
- Avoid touching your eyes, nose and mouth.
- If you are sick with a fever or flu-like illness, stay home from class, work, and social events for at least 24 hours after your fever has resolved without the use of fever reducing medication.



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Adapted from:

<http://www.olin.msu.edu/pdfs/flupreventativemeasures2013.pdf>