

How to have a **Flu Free** Stonehill!



How does the Flu spread?

- Coughing or sneezing into your hands, then touching an object, like a door handle.
- By sharing items such as cups, bottled water, lipgloss, etc.
- Being in close contact with a person with the flu.

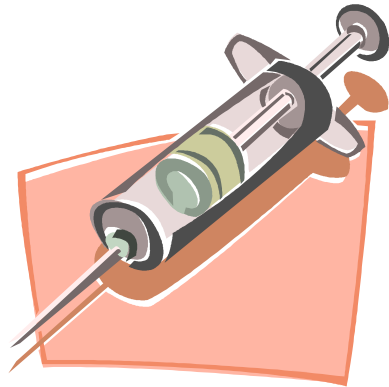


How do I **Prevent** the Flu?



Step 1: Get your flu shot!

- Although Stonehill's Flu Clinics have passed you can still get a flu shot at local retailers or your primary care provider at home.



CVS Pharmacy

- Make an appointment at www.cvs.com/flu or visit during the flu clinic
- 555 WASHINGTON STREET
EASTON, MA 02375
- Phone: 508.238.3476
- Bring your insurance card

Step 2: Wash your hands!

- **Wash** your hands regularly with warm water and soap for at least 30 seconds.
- **Use** an alcohol based hand sanitizer if soap and water are not available.
- **Avoid** touching your face, nose, and mouth to prevent infection.



Step 3: Cover your cough!

- Be sure to COUGH and SNEEZE into the sleeve of your upper arm.
- Always wash your hands afterwards to prevent the spread of germs.



Step 4: Keep your room clean

- **Use** antibacterial spray or wipes to clean commonly used items in your room such as:
 - *Remote controls*
 - *Keyboards*
 - *Door knobs*
 - *Game controllers*
 - *Telephones*



If you have the Flu

- If you are sick, go home and get rest.
- If you are unable to go home, rest in your room and avoid close contact with others.



For more information about Flu Prevention

- *Stonehill's Health Services*
 - <http://www.stonehill.edu/x11608.xml>
- *Centers for Disease Control and Prevention*
 - <http://www.cdc.gov/flu/>