

## Prevent Germs from Making You Sick

Sniffles, sneezes, sore throats, and the full-on flu usually peak in February, according to public health records. And all it takes is a microscopic droplet of a virus or bacteria to make you sick. To protect your health, it's important to be aware of what you can do to prevent getting sick.

## Beware of Germs

Touching your hand to your mouth, nose, or eyes when it's contaminated with germs is the most common way to get sick. Your hands can pick up germs through bathroom use, shaking hands with other people, or touching a contaminated doorknob, counter, safety rail, or other surface. Beware of germs that can make you sick, even though you may not be able to see them. When possible, use disinfectant on doorknobs, countertops, and other surfaces to eliminate germs.

## Get a Flu Vaccine

The best way to protect yourself from the flu virus is by getting a flu vaccine. Stop by the Student Health Services to get vaccinated. It takes a second to receive the vaccine from a shot or in mist form. After that, it takes about two weeks before the vaccine can protect you from the flu. The flu vaccine can help prevent you from contracting the virus, and minimize your symptoms if you do get sick. SHS has flu vaccinations available for \$10. Please bring your WU ID, and cash, check or credit card.

## Wash Your Hands

Make it a habit to wash your hands regularly with soapy warm water. Always wash your hands before and after preparing food and after:

- Going to the bathroom
- Caring for sick people
- Changing diapers
- Blowing your nose, coughing, or sneezing
- Touching an animal
- Taking out the garbage
- Being in public places

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**“I use so much alcohol-based hand sanitizer, my hands had to join a 12-step program!”**

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