

Flu season is here!

KEEP YOUR WORK AREA CLEAN!!!!

- Keep hand sanitizer and facial tissues near your work desk. If you do not work at a desk, put travel sizes of these items in your pocket. Sanitizer and tissues will come in handy when you're ill and can also prevent the spread of germs resulting from touching dirty items, such as money and computer keyboards.
- Trim your nails regularly, especially if you work in the food service industry. Trimmed nails will allow you to keep your hands much cleaner, and prevent the spread of germs to the food you handle.
- Wash your hands thoroughly after each restroom visit. To prevent contaminating your hands again on the way out of the restroom, open the door with a paper towel and dispose of it at your work station or a nearby trashcan
- Clean up after yourself in shared common areas. Leaving wrappers and trash can spread germs; let's keep our fellow workers health and pick up after ourselves.

Flu recommendations

- CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. While there are many different flu viruses, the seasonal flu vaccine is designed to protect against the main flu viruses that research suggests will cause the most illness during the upcoming flu season. People should begin getting vaccinated soon after flu vaccine becomes available, ideally by October, to ensure that as many people as possible are protected before flu season begins.
- In addition to getting vaccinated, you can take everyday preventive actions(<http://www.cdc.gov/flu/protect/habits/index.htm>) like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading flu to others.

Let's keep a healthy campus by getting your flu shot today!!

Student Health Services are offering Flu Clinics today, October 8th from 3:30-5:00pm at the Law School or October 17th from 12:00-3:00pm at the Union.

The cost is \$10.00 (cash, check or you can go to the I-Card office and pay with your I-Card and bring the receipt to the flu clinic). You **MUST** have your Washburn ID card with you to receive the shot.

If you cannot make any of the clinics will be giving them at Student Health Services, Morgan Hall Rm 140.

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**“I can install this virus software if you bend over.
But a flu shot would be easier for both of us.”**

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