

Stay Healthy During Cold and Flu Season



Follow the Healthy Habits Below to Help Prevent Illness

Clean Your Hands

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

Cover Your Mouth and Nose

Cover your cough or sneeze with a tissue and immediately throw the tissue in the trash. If no tissue is available, cover your mouth and nose in the crook of your elbow to avoid passing germs onto your hands. Then go wash your hands.

Stay Home When You Are Sick

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others. If you are exhibiting flu symptoms, see your doctor for proper diagnosis and treatment. The Centers for Disease Control and Prevention (CDC) recommends that people with flu-like illnesses remain at home for at least 24 hours after the fever is gone except to obtain medical care or other necessities.

Get Vaccinated

Get your flu shot if you have not already done so this flu season. Students can receive a free flu vaccine at the Student Health Center. Call 310.506.4316 to schedule an appointment.

Avoid Close Contact

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too. Close contact is defined by the CDC as “within 6 feet of another person.”

Avoid Touching Your Eyes, Nose, or Mouth

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Practice Other Good Health Habits:

- Clean and disinfect frequently touched objects and surfaces.
- Avoid sharing drinks or eating utensils with others, even when neither of you is showing symptoms.
- Get adequate sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- Travelers should take precautions such as avoiding contact with sick people, animal markets, and products from animals such as uncooked meat.

Additional Public Health Resources:

- Centers for Disease Control and Prevention | [cdc.gov](https://www.cdc.gov)
- World Health Organization | [who.int](https://www.who.int)
- Los Angeles County Department of Public Health | publichealth.lacounty.gov
- California Department of Public Health | cdph.ca.gov