

HELP US PREVENT THE SPREAD OF COLDS, FLU AND OTHER VIRUSES

Flu and virus season is here, so take precautions to avoid catching or spreading viruses. Follow these steps to stay healthy:



Wash your hands and use hand sanitizer frequently.



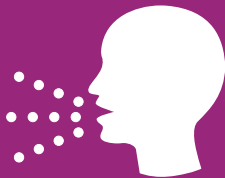
Clean high-touch surfaces such as doorknobs with antibacterial bleach wipes.



Don't share food, utensils, water bottles or cups.



If you are sick, stay home and rest.



Avoid those who are ill, if possible.



Get a flu shot, available at the University Health Center.

Want to learn more? Visit health.umd.edu



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