

# Staying Healthy During Cold and Flu Season

## Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing 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.

## Clean your hands and frequently touched surfaces.

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer at home, work, and in your car. Disinfect frequently touched objects and surfaces.

## Stay home when you are sick.

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

## If you are sick and need to see a doctor, call your health care provider before showing up in person at the medical office.



## Avoid close contact with people who are sick.

Avoid close contact with those who are sick. When you are sick, keep your distance from others so you don't spread germs. Close contact is defined by the CDC as "within 6 feet of another person."

## Stay healthy.

Remember to exercise regularly, get an ample amount of sleep, drink plenty of water, manage your stress level, eat nutritious foods, and avoid close contact with those who are sick.

## Avoid touching your eyes, nose, and mouth with unwashed hands.

Germs spread when a person touches something that is contaminated, and then touches their eyes, nose, or mouth.

**To Learn More:**

**Pepperdine Emergency Information Page:** [emergency.pepperdine.edu](http://emergency.pepperdine.edu)

**Centers for Disease Control:** [cdc.gov](http://cdc.gov)

**LA County Public Health:** [lapublichealth.org](http://lapublichealth.org)

**PEPPERDINE**

Get your flu shot if you have not already done so this flu season.



Avoid sharing drinks or eating utensils with others, even when neither of you are showing symptoms.



One of the best ways to avoid becoming ill is to maintain a healthy lifestyle: exercise regularly, drink lots of fluids, eat nutritious food, and get plenty of sleep.



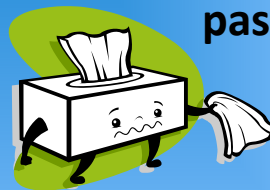
If you feel ill, **please stay home and take care of yourself.** Seek medical care if your symptoms do not improve quickly.



Clean and disinfect frequently touched objects and surfaces.



If no tissue is available, cover your mouth and nose in the crook of your elbow to avoid passing germs onto your hands.



Wash your hands with soap and water for 20 seconds.

*(HINT: That's about the time it takes to sing "Row, Row, Row Your Boat" twice.)*



If sick, call your health care provider before showing up in person at the medical office.

