

KEEPING OUR CAMPUS HEALTHY

Fight the Flu. Stop the Spread!



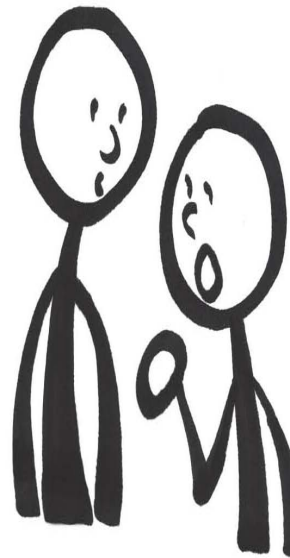
Get the annual seasonal flu vaccine on Nov. 5th 2PM-7PM Scanlon Living Room & Nov. 19th 1PM-3PM Scanlon Living Room (Cost\$20)



Wash your hands often with soap and water. Sing happy birthday to yourself twice while washing. You can also use a hand sanitizer to clean your hands.



Cover your mouth with a tissue when you cough or sneeze. Or use your inner elbow-**not** your hands. Don't share drinks, food, utensils, or any items that go in or near your mouth.



If you get the flu-a sudden fever of 100 or above **and** a sudden cough and/or sore throat, call **Health Services at 413-572-5415**. if you are very ill after hours call Public Safety at 413-572-5262. Leave your name, number, and state you have the flu. You should not leave your room until a phone evaluation is completed. If you have any underlying medical conditions or feel you need immediate attention, call **Public Safety**.



If you are sick with the flu, self-isolate in your room or at home until at least 24 hours after you no longer have a fever without the use of fever-reducing medications. Wear mask when coming into contact with others.