STAY HEALTHY DURING COLD + FLU SEASON

Handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

You can help keep yourself healthy by washing your hands often, especially during these key times when you’re likely to get and spread germs:
- Before, during, and after preparing food
- Before eating food
- After using the toilet
- After blowing your nose, coughing, or sneezing
- Before and after treating a cut or wound
- After touching an animal or handling pet food/treats

Follow these 5 simple steps every time:
- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

Use an alcohol-based hand sanitizer with at least 60% alcohol when you can’t use soap and water.
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**TAKEN CARE OF YOURSELF**

Everyday preventive actions may slow the spread of germs that cause illnesses like the flu.

- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Clean and disinfect frequently touched surfaces and objects, such as laptops, TV remotes, desks, and door knobs.
- Avoid close contact with people who are sick.

**GET A FLU SHOT**

Getting a yearly flu vaccine is the best way to protect yourself from getting the flu.

The flu vaccine is available at the University Health Center. Schedule an appointment for a flu shot at myuhc.umd.edu or call 301-314-8180.

**STAY HOME IF YOU’RE SICK**

If you are sick with flu symptoms, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicines.

This will help ensure that your fever is truly gone and you are past the point of being contagious.

Why is this important? Your body needs rest to recover from an illness. It can take longer to feel better when you do not rest. You can spread the flu virus up to 24 hours after symptoms subside.

Content adapted from the Centers for Disease Control and Prevention. More information available at cdc.gov.