What YOU can do, to prevent the flu:

1. Wash your hands often or use hand sanitizer.
2. Wash your hands before you handle food.
3. Cover your cough.
4. Don’t share food or drinks (non-alcoholic and alcoholic) or cigarettes.
5. Avoid touching your eyes, nose, or mouth.
6. Sleep well and eat well.
7. Stay home if you are sick.
8. Get vaccinated!

Visit www.usf.edu/H1N1/ for current flu information.