What can you do to stop the flu?

- **Cover your cough!** Help stop the spread of germs by covering your mouth and nose when you cough or sneeze with a tissue or with your upper sleeve.

- **Wash your hands frequently!** Wash hands with soap and water for 20 seconds or use a hand sanitizer.

- **Get vaccinated!** Everyone 6 months and older should get a flu vaccine every year. All UC-sponsored medical plans offer vaccinations at no cost!

- **Go home!** If you develop symptoms while working, inform your supervisor and go home to go to the doctor and get treated.

Visit [wellness.uci.edu](http://wellness.uci.edu) to learn more about flu prevention.