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, go to the doctor and get treated.

**Around 5-20% of the population becomes infected by the flu every year.**

- The flu is a contagious disease that causes illness, hospitalizations, and 36,000 deaths every year.

- The flu virus can be transmitted through the air, from person-to-person, or from contaminated surfaces.

- Flu symptoms include:
  - Fever
  - Extreme tiredness
  - Headache
  - Cough
  - Muscle aches
  - Runny nose

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