



Influenza - *Be Prepared*

Reduce the spread of flu by following these steps:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after use.
- Wash your hands often with soap and water or an alcohol-based hand sanitizer
- Try to avoid touching your eyes, nose, and mouth
- Avoid close contact with sick people
- Consult your doctor about an influenza vaccination

Harvard's influenza resources:

- www.uhs.harvard.edu
- www.harvard.edu/h1n1
- www.uos.harvard.edu/ehs
- University Health Services 617-495-5711

