



# 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/](http://www.usf.edu/H1N1/) for current flu information.**