IT’S COLD AND FLU SEASON!!!!!

Prevention Tips:
• Wash or sanitize your hands frequently
• Cough or sneeze in your elbow and not your hands
• Avoid touching your eyes, mouth, and nose
• Get the flu shot
• Clean surfaces that are commonly used in your residence (Ex: door knobs, computer keyboard, etc.)
• If you are sick, **STAY HOME!!!!!!**
• For more information visit [www.Flu.gov](http://www.Flu.gov)

For more information contact
The Peer Health Advocates at peerhealth@wpunj.edu
Overlook North D5
973-720-2924