Health

You can read more about the flu shot at the

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Prevent the Flu

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The flu is here and it’s important that students take steps to prevent themselves from getting sick and missing class. Did you know college students are at increased risk for contracting the flu? College is considered a high-risk setting, so it is important that students are vaccinated and/or take steps to prevent the flu.

Here are some important steps to help yourself and your classmates:

1. Get a flu shot. Students can schedule flu shots at student health services. Students are recommended for all students.
2. Get 7-8 hours of sleep each night. During the recommended amount of sleep each night is critical to fight the flu.
3. Maintain good hygiene. Avoid sharing cups and utensils. Wash hands often with soap and warm water in an automatic hand sink.
4. Manage stress. Prioritize managing and reducing stress can help protect students from contracting the flu.
5. Limit the intake of alcohol. Excessive use of alcohol can compromise the immune system, making students more susceptible to colds and flu.
6. Protect the eyes, nose and mouth. This is one way in which the flu is spread.
7. Stay home. If you are sick, stay home. If you are not only in your home but also in your community.

You can find more information on the flu shot in the Campus Health Services website and the Northern Arizona University website.