October 9, 2017

Dear students,

October through May is flu season in the United States. The viruses which cause colds and the flu spread easily on college campuses. Few things can derail a great semester faster than getting sick before a midterm or presentation.

Follow these tips to stay well:

1. Get your **flu shot** every year. Both Engemann Student Health Center and Eric Cohen Student Health Center offer flu shots.

2. **Wash your hands** frequently, but especially before eating and preparing food, after you cough or sneeze or after using the restroom.

3. Carry **alcohol-based hand sanitizer**. It's not always convenient to wash your hands. Keep hand sanitizer in your pocket or backpack, or use one of the many sanitizing stations around campus.

4. **Cover your cough**. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough into your elbow or upper sleeve.

5. **Stay home if you are sick**. If you become ill during the semester, stay home until you feel better or for at least 24 hours after your fever is gone. Avoid going to class, work or other activities. Inform your instructor as soon as possible and make arrangements to secure class materials. Let your Resident Assistant know and they will have meals delivered to your residence hall room.

If you get sick and need medical care, USC Student Health Services are quick and convenient at both the Engemann Student Health Center (on University Park Campus) or Eric Cohen Student Health Center (on Health Sciences Campus).

Be safe and be well,

Ainsley Carry, Ed.D., MBA
Vice President for Student Affairs