

Keep **the Flu** from Spreading



1. Wash hands often with soap or alcohol based sanitizer
2. Avoid contact with those who are sick
3. Cover your mouth and nose with your arm or tissue
4. Stay home if you are sick

Stay Healthy



1. Get enough sleep and eat healthy
2. Reduce your stress
3. Exercise 20 min three times a week
4. Get immunized for the seasonal flu and H1N1 as soon as it is available (seasonal flu shots Oct 5th & 6th in Health Services)

SCC Health Services
Rodda North 125 (916) 558-2367

