Stay Healthy: 6 Tips to Avoid a Cold and the Flu

1. **Get a flu shot**: The number one thing you can do to prevent the flu!
2. **Wash your hands**: A LOT! No matter what line of work you’re in, if you come in contact with contagious people, you should wash your hands!
3. **Use at least 60 % concentrated alcohol hand sanitizer**: If you can’t get to soap and water, hand sanitizer minimizes the spread of cold and flu germs.
4. **Avoid getting close to people who are sick**: For example, don’t shake hands.
5. **Keep your surroundings clean**: Sanitize doorknobs, light switches, or things in general, that everyone touches.
6. **Keep up a healthy lifestyle**: It’s important to look after your own health. To keep your immune system functioning, engaging in exercise, a healthy diet and avoiding smoking are good steps to take.

All info credited to: https://www.webmd.com/cold-and-flu/features/avoid-cold-flu#1

Happy Holidays from Health Promotion for Faculty and Staff!

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**HP Lab Winter Holiday Hours:**

- **Dec. 10 – Dec. 14**
  - Monday–Thursday: 8am - 5pm
  - Friday: 8am - 3pm

- **Dec. 17 – Dec. 21**
  - Monday–Friday: 10am - 2pm

- **Dec. 24 – Jan. 2**
  - CLOSED for University Break!

**Group exercise classes will resume January 14.**