Winter is almost here, and with it so is flu season. It’s important to take precaution and do whatever you can to stay healthy and avoid getting sick! Below is a list of tips to keep in mind throughout flu season:

- Get your flu shot! The best thing you can do to avoid the flu is get your flu shot.
- Avoid close contact with sick people.
- Clean your hands often
- Avoid touching your mouth, nose, and eyes
- Stay home if you are sick, so as not to spread the flu to other people.
- Get plenty of sleep.
- Stay hydrated and eat healthy.
- Cover your mouth when you cough.

Source: https://www.cdc.gov/flu/protect/habits.htm

American Diabetes Month

November is American Diabetes Month. Diabetes is one of the leading causes of disability and death in the United States. Eating healthy and staying active are vital in preventing diabetes. Stop by Health Promotion for Faculty & Staff anytime to sign up for one of our blood screenings!