



SICK HAPPENS.



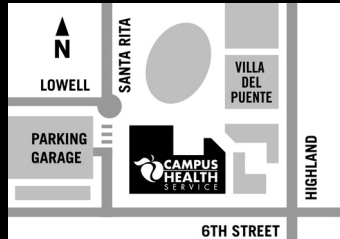
Protect Yourself & Others from:

- Flu
- Colds
- Upper Respiratory Infections
- Stomach and Intestinal Illnesses
- Other ailments

By Doing These:

- Wash your hands with soap and water or an alcohol based hand sanitizer
- Avoid touching your eyes, nose or mouth
- Get plenty of rest
- Stay hydrated
- Eat nutritiously
- Get a flu shot♦
- Stay home if you are sick
- Seek medical care if you need help
- ♦ Flu shots are still available at Campus Health. Call 621-9202 to check availability and to schedule an appointment.

STUDENTS:
Call 621-6490
to schedule an
appointment,
or stop by.*



* If we are closed, call **570-7898** to speak with the After Hours On Call provider

www.health.arizona.edu