COLD & FLU SEASON

Arm yourself with these tips to reduce the risk of infection for yourself and the people around you.

GET THE FLU SHOT. The best way to protect yourself against seasonal flu is to get vaccinated each year as early in the fall as possible. The NYU Student Health Center administers the vaccine as soon as it is available each season – usually in October.

COVER YOUR MOUTH AND NOSE WHEN YOU COUGH OR SNEEZE. Use the inside of your elbow or a tissue; avoid coughing or sneezing into your hands.

WASH YOUR HANDS OFTEN with soap and warm water – especially after you cough or sneeze. Rub hands together vigorously for at least 20 seconds covering all surfaces of the hands. Rinse with warm water and dry using a disposable towel. Alcohol-based hand sanitizers are also effective.

KEEP YOUR HANDS AWAY FROM YOUR EYES, NOSE AND MOUTH. Most of us touch common surfaces and then our faces much more often than we wash our hands. Try to resist this habit to minimize opportunities to pick up unwanted germs.

AVOID SHARING utensils, cups, bottles and telephones. If you must share, wash or disinfect the objects before and after using them.

AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK. Flu and cold viruses are spread by respiratory droplets passed from one person to another. Try to stay at least three feet away from sick friends and neighbors.

STAY HOME IF YOU ARE SICK. Get plenty of rest and drink lots of fluids. This is good for you as well as those you would expose if you go to class, work or elsewhere.

IF YOU ARE SICK call the Student Health Center at 212-443-1000 or visit our website at: nyu.edu/health for advice. A triage nurse is available after hours to assess your symptoms and make recommendations for care.

IF YOUR SYMPTOMS ARE SEVERE seek emergency care by calling 911 or Public Safety 212-998-2222. Severe symptoms include difficulty breathing, pain or pressure in your chest or abdomen, sudden dizziness, confusion and severe or persistent vomiting.