I KNOW SOMEONE WHO IS SICK.

BUDDY UP
IF YOU ARE AT RISK

BUDDY UP:
Buddy up with one or more friends to look out for each other during flu season. A flu buddy is someone you can call, text or email if you get sick, and who will check on you from time to time, to see if you are okay or need anything — and someone for whom you'll do the same.

- Identify one or two friends early in the season and agree you'll look out for each other.
- Talk over the ways in which you may each need support if you should become sick with the flu.
- If you are roommates and one of you gets sick, keep a physical distance of at least three feet (6 feet if you are at high risk), and you both should consider wearing a face mask in your shared space. You can still support each other without infecting each other.
- Use disinfectant wipes to clean shared high-touch surfaces like refrigerator door handles, doorknobs, countertops and remote controls.
- Do not share utensils, pens, keyboards, cell phones or other personal items.
- Agree to cover your coughs and wash your hands thoroughly and frequently.
- Agree to be vigilant about staying healthy. Follow the prevention tips here.

IF YOU ARE AT RISK:
If you have had close contact with someone who has had influenza and have a risk factor for complications, you should consult with the Student Health Center (212) 443-1000 or your healthcare provider as to whether you should receive preventive treatment. You can also access emergency medical care by calling 911 or NYU Public Safety (212) 998-2222.