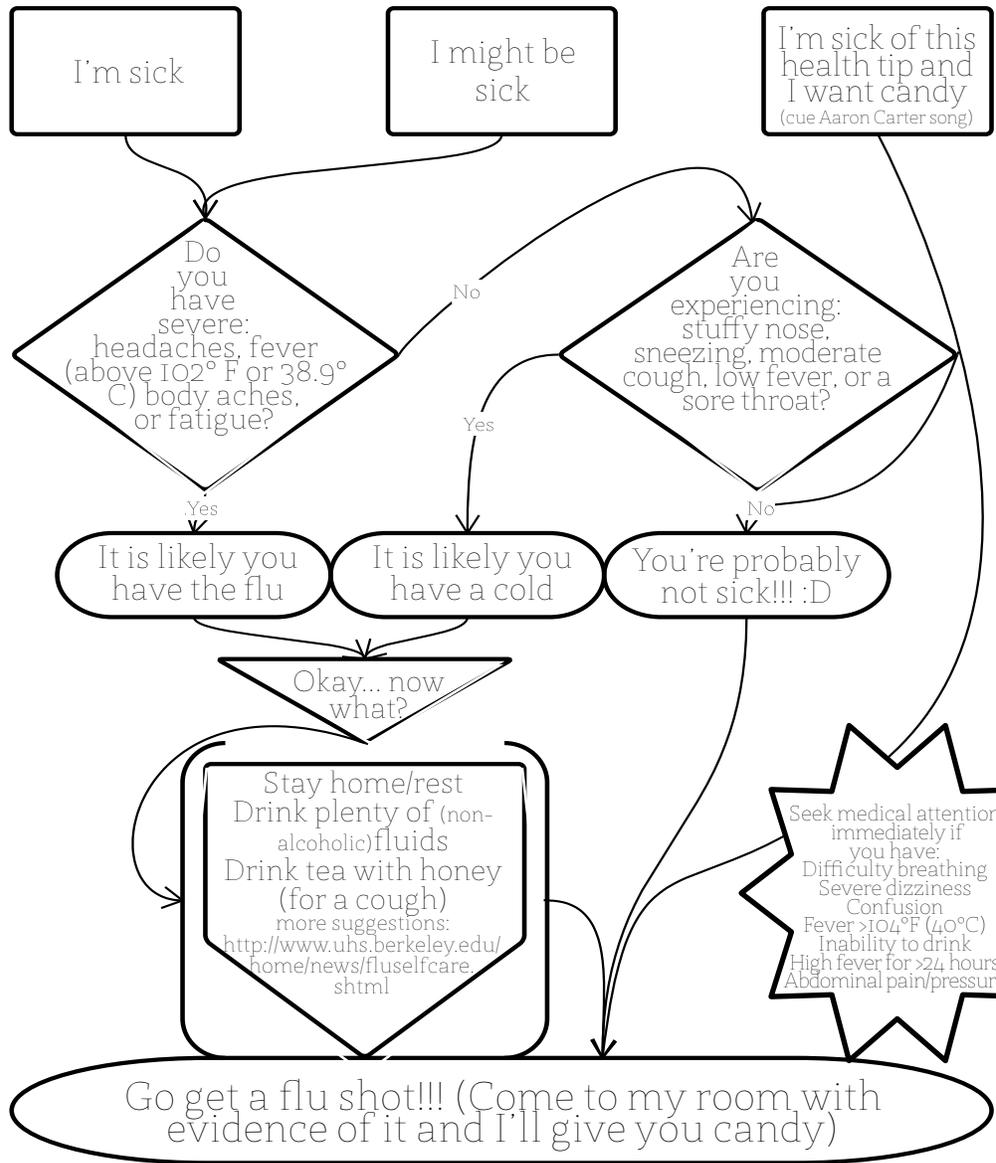


COLD & FLU PREVENTION

HEALTH TIP #6
SEPTEMBER 28, 2014

Hey everyone! Lexa here again, with the most alluring of all topics, and another flowchart!!! Prepare to be blown away. Flu season is beginning (Winter is coming), so you can use this to self-diagnose and know if you should actually seek medical help, or just wait out your illness (and what you can do to feel less miserable in the meantime). Feel free to take a picture or something so you can use it if/when you actually do become ill.



How to Prevent Illness

- **GET A FLU SHOT**
this is FREE for students with SHIP and \$30 for those without
*****FLU CLINICS:*****
will be held on the first floor of the Tang Center from 12-5 pm:
September 29
October 13, 29
November 12, 21
December 8
- **WASH YOUR HANDS**
for ≥ 30 seconds
- **COVER YOUR COUGH**
cough into your elbow to avoid spreading germs
- **STAY HOME**
going out will spread your illness, so stay home and rest

What do you call a flowchart about illness?



A FLU-chart!!!!



Tang Center & Resources

2222 Bancroft Way
Appointments (8-5 M-F): (510)642-2000
Advice Nurse (8-5 M-F): (510)643-7197
Self-Care Resources: (510)642-7202
ALL students can use the Tang Center even if they waived out of SHIP!

More information on flu clinics, treatment, proper hand washing, etc:
<http://www.uhs.berkeley.edu/home/news/flushots.shtml>

Health Tips are written by I-House Health Workers for I-House residents. But many of these tips may be applicable to all international students at UC Berkeley.