

FIGHIT

THE

FLU



GET VACCINATED

Make an appointment with your doctor or go to a local clinic for your flu shot!



COVER YOUR COUGH

Sneeze and cough into your elbow or a tissue!



WASH YOUR HANDS

Keep hand sanitizer around you too!



STAY HOME

If you don't feel well, stay home and make an appointment at UHS or with your doctor!



AVOID TOUCHING YOUR FACE

Especially your eyes, nose, and mouth!

NOT FEELING WELL? CALL UHS TO MAKE AN APPOINTMENT
410-455-2542

THINK YOU HAVE THE FLU? SYMPTOMS INCLUDE:

FEVER/CHILLS COUGH SORE THROAT RUNNY OR STUFFY NOSE
MUSCLE OR BODY ACHES HEADACHES FATIGUE



Ground Floor
Erickson Hall
410-455-2542

