

How to Prevent the Flu: This film provides great tips to help students, staff, and faculty be proactive in flu-prevention this coming season.

1. How many objects do you touch each day? Do you touch your face afterward?
2. Do you wash your hands on a regular basis? (Hand-washing is the best way to prevent the spread of germs)
3. How might excessive hand sanitizer usage have a negative impact on preventing the flu?
4. Other than receiving a flu vaccination, what are some other ways that we can prevent spreading of the flu virus this year?