

# ***Safety Tips To*** ***AVOID THE FLU!***

***Avoid Close Contact.***

***Stay home when you are sick.***

***Cover your nose & mouth.***

***Wash your hands frequently!***

***Avoid touching eyes, nose or mouth.***

***Get plenty of sleep, eat a well-  
balanced diet, drink lots of fluids,  
and stay active.***

***For more information about campus  
strategies, go to [www.umw.edu](http://www.umw.edu)***