

HOW TO PREVENT ILLNESS

The steps you can take to prevent many illnesses are similar to the same steps you would take to protect yourself from the flu or the common cold. These are everyday habits that can help prevent the spread of several viruses.



Get a flu shot. We strongly recommend that everyone obtain seasonal flu vaccination.

To get a flu shot, members of the Stanford community can contact:

- SU Occupational Health Center (Stanford Employees): (650) 725-5306
- Vaden Health Center (Stanford Students): (650) 498-2336



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.



Avoid touching your eyes, nose, and mouth with unwashed hands.



Don't share food and drinks.



Clean and disinfect shared surfaces and objects that are touched frequently (e.g. doorknobs, desks, phones).



If you can, avoid close contact with anyone with cold or flu-like symptoms.

WHAT TO DO IF YOU ARE NOT FEELING WELL

Stay home when you are sick. Do not report to work or attend classes if you are ill.

Cover your nose and mouth when coughing and sneezing with tissue or flexed elbow.

If you are concerned about your flu-like illness, **call your health care provider** for advice, and share any travel history. **Stay home, rest, and stay hydrated.**

Stanford | Environmental
Health & Safety

484 Oak Road, Stanford, CA