Dear USC Community,

Engemann Student Health Center wants our university population to stay healthy and avoid getting sick this season. It’s already that time of year to think about protecting yourself against the cold and flu. Prevention is key when you are out and about on campus and other public places. To help you better prepare, we wanted to give you a few tips.

The health center recommends following these common sense steps to aid in prevention:

- Getting vaccinated each year is the first and most important step in protecting against this serious disease.
- If you get sick with flu-like illness, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- Practice proper cough and sneeze etiquette to prevent the spread of germs.
- Wash your hands regularly.
- Avoid touching your eyes, nose or mouth.
- Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.

While not a substitute for vaccination, these steps can help prevent the spread of respiratory viruses like influenza.

All students, staff and faculty are urged to take extra precautions in preventing the spread of the flu. **Washing your hands often and thoroughly is one of the best ways to help prevent it from spreading.**

If you have any of these symptoms, it is best to stay home. If you have concerns please call the health center at (213) 740-9355.

**For more information about the flu this season, please visit the following link to the CDC’s website:**