Dear USC Students,

Engemann Student Health Center wants our university population to stay healthy and avoid getting the flu this season. We are aware of the recent spread of the flu across the nation. The best way to prevent the flu is to get the vaccine and wash your hands!

This year’s flu strain has been disproportionately affecting young and middle-aged adults. However, the vaccine this year includes this flu strain and will help you to avoid the flu. The health center has the flu vaccine (while supplies last) available for $25 or there is no charge if you have the USC Student Health Aetna Insurance Plan.

Prevention is also important when you are out and about on campus and other public places. 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.
- 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 the flu and other diseases such as strep and mono.

**Washing your hands often and thoroughly is one of the best ways to help prevent flu from spreading.**

If you have any of these symptoms and have concerns, please call the health center at (213) 740-9355. Or, you may visit our website at www.usc.edu/engemann.

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

http://www.cdc.gov/flu/