

# FLU Prevention

## Workshops and Drop-in Education for Departments and Work Groups

*Health\*Matters, UC Berkeley's Wellness Program for Faculty & Staff, is pleased to offer fun and interactive Flu Prevention education for faculty and staff in campus departments and work groups. Format and delivery can be tailored to your needs from a 20-minute workshop to a drop-in format to cover:*

- **Wash Your Hands!**

*An interactive and participatory exercise shows how easy germs spread and demonstrates the value of proper handwashing.*

- **Cover Your Cough!**

*Why Don't We Do It in our Sleeves? is a humorous, 5-minute video showing proper coughing etiquette.*

- **Stay Healthy!**

*Information on staying healthy and flu shot clinics.*



*To schedule a  
Flu Prevention workshop,  
please call Kristl Buluran  
at 643-9082*

**Stay informed**  
<http://uhs.berkeley.edu/>