

# WHACK the Flu . . . here's what you can do

- W:** Wash your hands often (for 20 seconds)
- H:** Home is where you stay when you are sick;
- A:** Avoid touching your eyes, nose and mouth;
- C:** Cover your coughs and sneezes;
- K:** Keep your distance from people who are coughing or sneezing.

**for more information,  
visit [uhs.berkeley.edu](http://uhs.berkeley.edu)**



*campaign courtesy of City of Berkeley Public Health*

**Stay healthy!**



UNIVERSITY HEALTH SERVICES *Tang Center*