

# FLU PREVENTION

## Get Your Flu Shot

FREE at the OC Health Care Agency  
walk-in clinics (Call 800-564-8448)



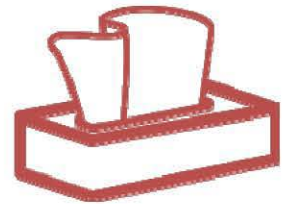
## Wash your hands often

with soap and water  
for at least 20 seconds



## Cover your coughs & sneezes

Use your sleeve or elbow  
if you don't have a tissue



## Stay home if you are sick

Keep your distance from others (6 feet or more)  
Return to school or work after your fever has been gone  
for 24 hours (without use of fever-reducing medications)



For more information, visit

[www.orangecoastcollege.edu/student\\_services/student\\_health/](http://www.orangecoastcollege.edu/student_services/student_health/)

Student Health Center 714-432-5808

