

The 2017-2018 influenza season is in full swing and the California Department of Public Health has issued a Severe Influenza Advisory. It's not too late to get vaccinated, which is the best protection against this potentially serious disease.

Getting vaccinated is the first and most important step in protecting against influenza. Vaccinations are available from the Student Health Center, private physicians, and many pharmacies in the community. Visit <http://www.shs.uci.edu> for more information on Student Health Center vaccinations. To locate a flu clinic near you, go to <http://flushot.healthmap.org/>

In addition to getting vaccinated, the following habits will help reduce the spread of flu and other illness:

- **Stay home when you are sick to prevent spreading the flu.**
- **Avoid close contact with people who are sick.**
- Avoid touching your eyes, nose, and mouth.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Wash your hands, use hand sanitizers, and disinfect work surfaces with sanitizing wipes.

More information on the prevention of flu is available at <http://ochealthinfo.com/phs/about/family/flu/> and <https://ehs.uci.edu/PublicHealth/>.

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