

# TIPS TO STAY WELL DURING COLD AND FLU SEASON

## DE-STRESS:



Limit alcohol use.

Don't self-medicate with drugs, follow prescription dosing instructions from a medical provider.

Find support and connect socially.

Practice meditation.

Maintain a normal routine.

Give yourself a break if you feel stressed out.

*Obtained from cdc.gov*

## HAND WASHING ETIQUETTE:



Wet your hands with water and apply soap.

Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

Scrub your hands for at least 20 seconds.

Rinse your hands well with water.

Dry your hands using a clean towel or air dry them.

## COUGHING/SNEEZING ETIQUETTE:



Cover your mouth and nose with a tissue when coughing or sneezing.

Throw away the tissue after use.

Perform hand hygiene.

Masks may be used.

*Obtained from cdc.gov*

## GET PROPER SLEEP:



Stick to a sleep schedule, even on weekends.

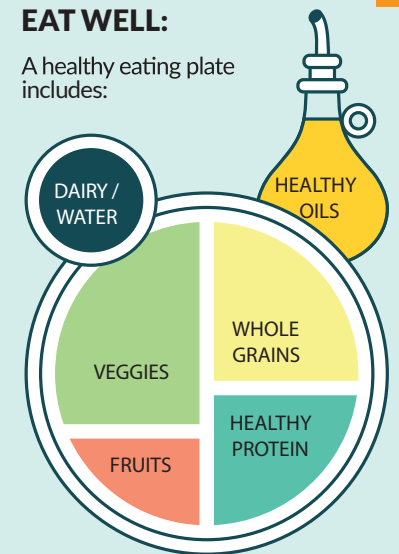
Practice a relaxing bedtime ritual. Try to avoid caffeine and alcohol consumption 3 hours before bedtime.

Avoid electronics 1 hour before bedtime.

Use your bed only for sleep or sex, find other locations to study or watch TV.

## EAT WELL:

A healthy eating plate includes:



## EXERCISE:

Find joyful movement!



## STOCK UP ON SUPPLIES:

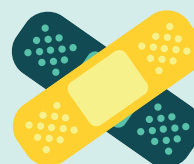
Visit the low cost pharmacy at the Student Health Services

You can buy the Cold Care Kit for \$4.25, which includes:

- Sudafed PE
- Robitussin DM
- Hall Lozenges
- Acetaminophen 325mg OR Ibuprofen 200mg
- Tempa Dot #4
- Kleenex



## VACCINATE:



Get your flu shot on campus for FREE through the SHS flu shot clinics.

## RESOURCES

Check out the Student Recreation and Wellness Center (SWRC) for classes, activities, resources, and free access to exercise equipment and gym spaces.

Contact SHS to make an appointment with a Registered Dietitian or a Nutrition Counselor, or to learn more about SHS Nutrition Workshops.

Check out Beach Balance for holistic programs about nutrition, stress management, biofeedback, and overall health education.

Check out SHS monthly events & workshops aimed at reducing stress, such as Mindful Mondays and Acupuncture Clinics. Contact SHS for more info.

If you're feeling overwhelmed due to stress and need counseling, contact the Counseling and Psychological Services (CAPS) at (562) 985-4001.



## FOR MORE INFO, OR TO MAKE AN APPOINTMENT:

Student Health Services (562) 985 - 4771  
Office of Wellness & Health Promotion (562) 985 - 4609  
Website WWW.CSULB.EDU/SHS  
Email WELLNESS@CSULB.EDU

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