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.

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.

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:
  - Dairy/Water
  - Healthy Oils
  - Veggies
  - Whole Grains
  - Healthy Protein
  - Fruits

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
  - Tempra 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.
- Check out Beach Balance for holistic programs about nutrition, stress management, biofeedback, and overall health education.
- Contact SHS to make an appointment with a Registered Dietitian or a Nutrition Counselor, or to learn more about SHS Nutrition Workshops.
- 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
Office of Wellness & Health Promotion
Website WWW.CSULB.EDU/SHS
Email WELLNESS@CSULB.EDU
(562) 985 - 4771
(562) 985 - 4609
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