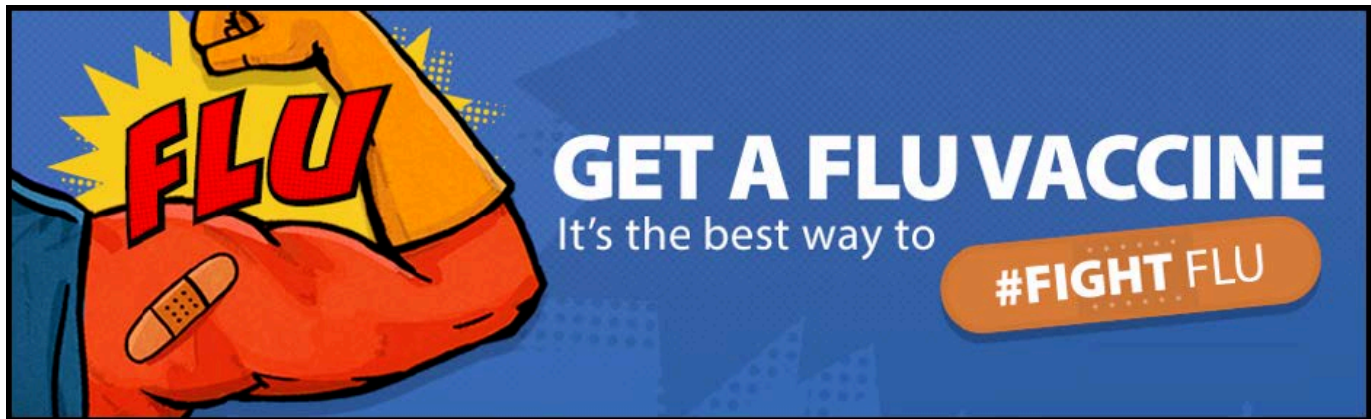


Flu Season is Here!



Protect yourself and your community from the aggressive 2017-2018 H3N2 flu strain:

- Get the FLU SHOT in the Wellness Center at any Peralta campus - it's FREE for students!
- Wash hands with soap and water for 20 seconds frequently, including before eating or touching your eyes, after the restroom, and after touching communal surfaces
- Use a paper towel to turn off faucets and touch bathroom door handles after washing hands.
- Cover your cough/sneeze with a tissue or your upper sleeve (not your hands!)
- If you have flu symptoms or a 100°f fever, stay home until it has been gone for 24 hours