Avoid people that are definitely sick. Also, as a sickly individual, keep a reasonable amount of distance from the healthy, so they too do not become infected.

If it is possible, stay home from work, school and doing errands when sick. By doing this one can prevent the sickness/illness from spreading further.

When coughing or sneezing use a tissue to cover the mouth or nose to prevent the spreading of germs.

Washing hands and avoiding touching one’s eyes, mouth and nose is another way to prevent the spreading of germs.

Practicing good health habits such as managing stress and getting enough sleep are ways to help avoid getting sick.

Many teens and young adults may turn to aspirin when signs of the flu develop; however, many doctors are against it. Doctors would rather teens with the flu take acetaminophen or ibuprofen to help with the fever and soreness. Aspirin puts teens at a greater risk of developing Reye syndrome, which is a serious illness that sometimes follows the flu and can lead to liver damage.

Condoms, dental dams, lube & abstinence kits are available free to you at Health Education. We are located in South D, downstairs near the mailboxes, next to the south complex office.

Got questions? Contact Joleen Nevers, Health Education Coordinator at 486-0772 or visit our website: www.healthed.uconn.edu