Health*Matters, UC Berkeley’s Wellness Program for Faculty & Staff, is pleased to offer fun and interactive Flu Prevention education for faculty and staff in campus departments and work groups. Format and delivery can be tailored to your needs from a 20-minute workshop to a drop-in format to cover:

• **Wash Your Hands!**
An interactive and participatory exercise shows how easy germs spread and demonstrates the value of proper handwashing.

• **Cover Your Cough!**
Why Don’t We Do It in our Sleeves? is a humorous, 5-minute video showing proper coughing etiquette.

• **Stay Healthy!**
Information on staying healthy and flu shot clinics.

To schedule a Flu Prevention workshop, please call Kristl Buluran at 643-9082.

Stay informed
http://uhs.berkeley.edu/