Stay Healthy: Support Your Immune System

Get your flu shot
It’s not too late! Flu season can last until May. Schedule through eTang or check uhs.berkeley.edu/flushots for more information.

Wash your hands
Wash your hands with soap and water for 20 seconds or use an alcohol-based hand sanitizer. Avoid touching your eyes, nose, and mouth.

Cover your cough
Cover your mouth and nose with a tissue or your sleeve. Not your hands.

Stay home if you’re sick
Follow current recommended guidelines at uhs.berkeley.edu/coldandflu