

**Mt. San Antonio College
Student Health Services – 67B**

FLU SHOTS ARE NOW AVAILABLE!

- *Call ext. 4400 to get an appointment. A MtSAC ID is required. Shots are free for credit students, \$15 for part-time faculty, and \$25 for all other employees and non-credit students. Supply is limited, cash only.

- *Hand washing is essential for overall good health. Most germs are passed from the hands to the mouth, nose and eyes. Soap, running water (any temperature), and spending at least 15 to 20 seconds actively washing are all part of effective hand washing.

- *Cover your mouth when you cough or sneeze and wash your hands afterward. Ask those around you to do the same!

- *If you become ill stay at home until symptoms have lessened.

- *Encourage students who are visibly ill to visit the Student Health Center.

Resources

For available flu shots: 800-LUNG USA
www.flucliniclocator.org

For flu information: www.cdc.gov
www.lungusa.org
www.cdph.ca.gov
www.lapublichealth.org