WHY QUIT?

- Smoking is the most preventable cause of death
- Every 1 in 5 deaths results from smoking
- Stopping smoking immediately improves your health
- Others are here to support you and provide resources!

Feeling a little under the weather? Cold and flu season is upon us!

Here are a couple things you can do to keep away the sneezes and sniffles!

- **Get your flu shot!**
  You can head over to Student Health Service to get one today! Call 701-231-7331 or schedule on-line

- **Wash your hands!**
  This is one of the simplest ways to stop the spread of germs. Find a sink or grab some hand sanitizer!

- **Get enough sleep!**
  Help your immune system out by getting 7-8 hours of sleep each night, giving it the strength to fight off the day’s germs!