COLD & FLU SEASON IS UPON US
How to prevent yourself from getting the cold or the flu

- Washing your hands frequently throughout the day.
- When sneezing or coughing properly do so into your sleeve.
- Making sure you aren’t skipping any meals and fill each meal with nutritious food.
- Hydration is key! Carry a water bottle with you wherever you go and drink from it.
- Come to the Wellness Center for a quick workout by yourself or join in on a group fitness class.
- Try get seven to nine hours of sleep a night.
- Student Health Service is here if you do get sick. Schedule on Blackboard or call 231-7331

Tips to Tackle Finals Week:
Create your own study guide
Study with friends/classmates
Stay well rested
Prioritize your time and start early
Take breaks and make it fun

WHAT’S HAPPENING AROUND CAMPUS:
Dec 4 — Dive In Movie @ Wellness Center Aquatics 6pm & 8pm
Dec 5 — Live Lunch ft. Lacey Guck @ MU Lower Level 11:30am-1pm
Dec 7 — Relaxation Stations @ Great Plains Ballroom 9:30pm-1:30am

NDSU CALENDAR:
Dec 3 – 7 – Dead Week
Dec 10 – 14 – Final Examinations
Dec 14 – Commencement Ceremony @ SHAC 2pm
Dec 15 – Jan 6 – Winter Break