Be sure to get vaccinated for the flu when shots are available.
Understand that you now live in Ithaca. Buy a warm hat and wear it.
Nurture your immune system by giving it regular sleep and good nutrition.
Disinfect your phone, keyboards, and door knobs ... often.
Limit or avoid close contact with people who are sick.
Enlist the help of alcohol-based sanitizer. Keep it in your backpack, purse, or desk for times you can’t wash with warm water and soap.
Upgrade your snack collection. Stock up on nourishing soups, bottled juice, etc.
Purchase tissues, a thermometer, and cold medicines ... just in case.

For more information about flu prevention, vaccination, and treatment, visit www.gannett.cornell.edu