DON’T WRECK THE HOLIDAYS
National Impaired Driving Prevention Month

You are not above the law:
- In every state it is illegal to drive with a BAC of .08 or higher
- It is illegal to drive under the influence of alcohol OR drugs
- Law enforcement actively look for impaired drivers, especially during the holidays

Plan a SAFE ride home with these tips...
- Designate a sober driver before going out that night
- Have your plan in place before you have your first drink
- If you do not have a designated driver, call a taxi, uber, or lyft
- Help others be responsible. If you know someone has been drinking, do not let them drive home

FROM HEALTH SERVICES

Stay Healthy During Flu Season
Flu vaccines are now available at Student Health Services for only $19!
Call to make an appointment today: 850.474.2172
The most important step to protect yourself against the flu is getting your flu shot. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age and older get a flu shot each year by the end of October if possible.

Practice these other tips to keep germs away
1. Encourage everyone to get a flu shot
2. Stay away from people who are sick
3. Wash your hands regularly

It takes your body about 2 weeks to develop antibodies to protect you from the flu so don’t wait - get your flu shot soon!

FROM WELLNESS

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