



Preventing the Flu

AVOID CLOSE CONTACT

As much as possible, avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

STAY HOME WHEN YOU ARE SICK

Remain in your place of residence (home, residence hall room, apartment, etc.) You should not go to classes, work or participate in social activities. Not going to public places will help prevent others from catching your illness.

COVER YOUR MOUTH AND NOSE

Cover your mouth and nose with a tissue when coughing or sneezing or cough into your sleeve. And don't forget to dispose of your tissues properly!

CLEAN YOUR HANDS

You can pick up germs/viruses through shaking hands, touching doorknobs, phones, computers, etc. Washing your hands often will help protect you from germs/viruses. Wash your hands with soap and water or with an alcohol-based (at least 60%) hand gel regularly. There is no need to use antibacterial soap or hand cleansers; in fact, these items are often expensive and are not as effective in killing germs/viruses as soap and water. Remember, count to 20 while washing or sing the "ABC Song" or "Happy Birthday Song"!

DON'T SHARE

Don't share towels, eating utensils, toothbrushes, drinking glasses or other items that may spread germs. This is the one time in your life when you are told you shouldn't share. Remember, even if someone is not sick at the time of sharing, he or she may still be contagious for flu or cold that can develop into symptoms the next day.

AVOID TOUCHING YOUR EYES, NOSE OR MOUTH

Germs are often spread when a person touches something that is contaminated and then touches his or her eyes, nose, or mouth.

TAKE CARE OF YOURSELF

Try to eat healthy meals and get enough sleep.

The symptoms of H1N1virus (swine flu) are similar to symptoms of seasonal flu and may include: fever (greater than 100°F), sore throat, cough, stuffy nose, chills, fatigue, headache and body aches. Some of the people who have become ill with swine flu reported diarrhea and vomiting as well. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

You may want to contact their health care provider, particularly if you are worried about your symptoms. Your health care provider will determine whether influenza testing or treatment is needed.

