

PREVENTING THE FLU

Influenza (flu) is usually spread through the air when a person who has the flu virus coughs, sneezes or speaks, and other people breathe in the virus. When these viruses enter the nose, throat, or lungs of a person, they begin to multiply, causing symptoms of the flu.

There are a number of things you should do to help prevent the spread of the flu and other illnesses.

- The single best way to prevent seasonal flu is to get vaccinated each year. The College will be sponsoring a seasonal influenza vaccine clinic on campus for students on Friday October 2nd, from 12:00-2:00 p.m., and again on Monday October 5th, from 5:30 - 7:00 p.m. in the dining hall. The fee for this vaccination can be charged to your College debit account.
- Avoid close contact with people who are sick.
- Cover your mouth and nose every time you cough or sneeze. It is best to use a tissue and then put the tissue in the trash. Otherwise, use the inside of your elbow.
- Wash your hands often and well. Use soap and warm water for at least 20 seconds, or use an alcohol hand sanitizer.
- Keep your hands away from eyes, nose or mouth – germs are often spread when you cough something contaminated with germs and then touch your eyes, nose or mouth.
- Clean surfaces you touch often – such as door knobs, water faucets, telephone, computer keyboard, etc.
- Don't share anything that goes into your mouth – like eating utensils, cups, straws, cigarettes, etc.
- Keep healthy by getting plenty of rest, drinking plenty of liquids, getting regular exercise and eating nutritious foods.
- Use the following checklist to help decide if you may have the flu:

Do you have a fever of 100° or more?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Do you have a cough and/or a sore throat?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Do you have a headache, body aches or chills?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Do you have vomiting or diarrhea?	<input type="checkbox"/> YES	<input type="checkbox"/> NO

- If you checked yes to the lines **in yellow**, then you have an influenza-like illness. You should contact the Health Services Staff or Residential Life staff as soon as possible.
 - The College will suggest that students with H1N1/flu-like symptoms return home or to homes of relatives or friends to recuperate and limit the spread of transmission.
 - Until these students can leave campus, they will be reassigned to specific isolation areas to limit their contact with other students and monitored as necessary.
 - Students who are not able to travel home will remain in the isolation areas for at least 24 hours after they are free of fever.