

H1N1 FLU:

(FORMERLY KNOWN AS “SWINE FLU”)

As a campus continuing to be proactive in fighting this Global Pandemic flu we urge you to follow these helpful tips on how to keep you and those around you safe and healthy.

WHAT YOU CAN DO TO STAY HEALTHY

 Stay informed. For updates visit

www.CDC.gov/H1N1flu

 Take everyday actions to stay healthy.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth to avoid the spread of germs.

- Stay home if you get sick. Center for Disease Control and Prevention (CDC) recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- ✚ **Follow public health advice** regarding school closures, avoiding crowds and other social distancing measures.

CALL 1-800-CDC-INFO OR VISIT WWW.CDC.GOV FOR MORE INFORMATION ON THIS GLOBAL PANDEMIC.