

Call your local medical facility to tell them your symptoms BEFORE you visit their facility. Many do not want you in their main waiting room and will give you specific directions over the phone.

The local public health has recommended everyone have supplies on hand for the flu season. :

Flu survival kit:

- Ibuprofen/acetaminophen (fever reducer)
- Hand sanitizer
- Thermometer
- Basic cleaner such as 409 and paper towels or antibacterial wipes - to clean your bathroom and other common living areas
- Kleenex – be sure to throw them in the garbage immediately after using
- Water – you need to stay hydrated when running a fever or vomiting.

Did you know:

- Flu germs can live up to 8 hours or more
- Sneezing or coughing can spread germs up to 6 feet
- Germs live longer on wood, plastic or metal than fabric or skin
- You touch your face (T-Zone) 200 times a day transferring germs
- The CDC recommends everyone get a seasonal flu shot
- The H1N1 vaccination is Federal funded and free to target groups
- If you are under 18 your guardian will need to sign your H1N1 vaccination release form
- Every person receiving the H1N1 vaccination will be required to complete a release form.
- The release forms will be available to you prior to the vaccination clinics through this email.

How do I know if I have the flu?

You may have the flu if you have some or all of these symptoms:

- fever * (over 100°)
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting

*It's important to note that not everyone with flu will have a fever.

What should I do if I get sick?

If you get sick with flu-like symptoms this flu season, you should stay home and avoid contact with other people except to get medical care. Most people with [2009 H1N1](#) have had mild illness and have not needed medical care or antiviral drugs and the same is true of seasonal flu.

However, some people are more likely to get flu complications and they should **CALL** a health care provider about whether they need to be examined if they get flu symptoms this season

What are the emergency warning signs?

In children

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

- Fever with a rash

In adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Do I need to go the emergency room if I am only a little sick?

No. The emergency room should be used for people who are very sick. You should not go to the emergency room if you are only mildly ill. If you have the emergency warning signs of flu sickness, you should go to the emergency room. If you get sick with flu symptoms and are at high risk of flu complications or you are concerned about your illness, call your health care provider for advice. If you go to the emergency room and you are not sick with the flu, you may catch it from people who do have it. .

Tips for flu prevention www.cdc.gov www.flu.gov

The best way to keep from getting the seasonal flu and H1N1 is to avoid infection. Here's what you can do to stay healthy.

- Clean hands. Use soap and water for at least 20 seconds or use alcohol-based hand sanitizer. Do this as often as possible. Look for the hand sanitizing stations on campus.
- Cover coughs and sneezes. Cough into the crook of your arm or use a tissue. Dispose of used tissues promptly. Clean your hands after a cough or sneeze.
- Avoid contact with others who are sick. If you get sick anyway, stay away from others even if it means missing school and work
- Maintain a clean work and home environment. Clean contaminated items and surfaces (especially shared items) frequently. Use disinfectants such as Clorox wipes, Lysol wipes, 409 or similar items that indicate the product kills viruses or kills 99% of germs.
- Frequently clean your living quarters. If you live together with other students, you should frequently clean commonly-used surfaces such as doorknobs, refrigerator handles, remote controls, computer keyboards, countertops, faucet handles, and bathroom areas.

Are there medicines to treat 2009 H1N1?

Yes. There are drugs your doctor may prescribe for treating both seasonal and 2009 H1N1 called "[antiviral drugs.](#)" These drugs can make you better faster and may also prevent serious complications. This flu season, antiviral drugs are being used mainly to treat people who are very sick, such as people who need to be hospitalized, and to treat sick people who are more likely to get serious flu complications. Your health care provider will decide whether antiviral drugs are needed to treat your illness. Remember, most people with 2009 H1N1 have had mild illness and have not needed medical care or antiviral drugs and the same is true of seasonal flu.

How long should I stay home if I'm sick?

[CDC recommends that you stay home for at least 24 hours](#) after your fever is gone except to get medical care or for other things you have to do and no one else can do for you. (Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol®.) You should stay home from work, school, travel, shopping, social events, and public gatherings.

What should I do while I'm sick?

Stay away from others as much as possible to keep from making them sick. If you must leave home, for example to get medical care, wear a facemask if you have one, or cover coughs and sneezes with a tissue. And wash your hands often to keep from spreading flu to others. CDC has information on "[Taking Care of a Sick Person in Your Home](#)" on its website at http://www.cdc.gov/h1n1flu/guidance_homecare.htm

Information adapted from CDC and local public health officials