

How to protect yourself during a Pandemic

Recommended guidance to help decrease the spread of influenza for the 2009-2010 academic year:

- Students with flu-like illness should stay away from classes and limit interactions with other people (called “self isolation”), except to seek medical care, for at least 24 hours after they no longer have a fever, or signs of a fever, without the use of fever-reducing medicines and are feeling well again.
- Non-residential students, faculty, and staff should self-isolate at home until 24 hours after they are free of fever or signs of a fever, without the use of fever-reducing medicines and are feeling well again.
- Wash your hands frequently with soap and water for 20 seconds or with a hand sanitizer if soap and water are not available.
- Avoid touching your nose, mouth and eyes.
- Cover your coughs and sneezes with a tissue, or cough and sneeze into your elbow, upper arm or shoulder. Dispose of tissues in trash receptacles
- Wash your hands or use a hand sanitizer after coughing, sneezing, or blowing your nose.
- Avoid close contact (within 3 to 6 feet) with those that have influenza – like illness.
- Avoid shaking hands and always wash your hands after physical contact with others.
- Keep frequently touched common surfaces (for example, telephones, computer equipment, doorknobs, remote controls, elevator buttons, clean.
- Try not to use other students cell phones, desks, eating or drinking utensils.
- Limit visitors to the dorm rooms.
- One of the best ways to protect against influenza is to get vaccinated against the flu. Students under age 25 are one of the key groups recommended by CDC’s Advisory Committee on Immunization Practices (ACIP) to be among the first to receive the 2009 H1N1 flu vaccine.
- Health Center will notify students when vaccines are available.
- A healthy lifestyle: attention to rest, diet, and relaxation helps maintain physical and emotional health.