

stay healthy

during flu season



The **H1N1 flu**, also known as the swine flu, made many people sick this past spring and some scientists think it may return stronger in the fall. Although the H1N1 flu is usually mild, it spreads quickly and may affect people here on campus.

A couple of common-sense precautions can help you avoid the flu or keep it from spreading.

1 Wash your hands often using warm, soapy water for at least 10 to 15 seconds or use a hand sanitizer after:

- coughing or sneezing
- using the bathroom
- caring for a sick person
- handling garbage

You should also avoid touching your eyes, nose or mouth. Practice these other good health habits: Get enough sleep, stay physically active, drink plenty of non-alcoholic fluids and eat nutritious food.

2 Cover your coughs or sneezes

Cover your mouth and nose with a tissue; immediately discard the tissue in a trash can. If you do not have a tissue, cough or sneeze into your upper sleeve rather than your hands.

Flu symptoms include:

- fever (greater than 100 degrees F)
- sore throat
- cough
- stuffy nose
- chills, headache, body ache, fatigue

If you get sick, go home!

The best way to stop the spread of the flu is to go home and stay there until seven days after symptoms appear or 24 hours after fever has dissipated without the use of acetaminophen (Tylenol) or ibuprofen (Motrin/Advil/Nuprin).

Students: Remember to contact your professors to make arrangements for missed classwork.

For more information, please visit wcsu.edu or contact Dr. Susan Cizek, Director of Health Services, at (203) 837-8594.



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