



## Health Advisory

# The H1N1 (Swine Flu)

## Is Here!

It is a matter of fact that the H1N1 (Swine Flu) virus has made its way to California and it is a virtually certainty that students, faculty and staff will have to cope with sickness among their families, friends and associates. At this writing, those who have contracted the H1N1 virus are, in most cases, exhibiting only mild symptoms and we hope that trend continues.

However, because we are in close quarters in our classrooms, gyms, meeting rooms, offices and public spaces we are encouraging everyone to exercise sound judgment and good common sense about hygiene and try to prevent the spread of H1N1 (and other diseases for that matter!) within our campus community.

***Please familiarize yourself with the symptoms of H1N1:***

- fever
- cough
- body aches
- chills and fatigue
- sore throat
- runny or stuffy nose
- headache
- vomiting and diarrhea.

\*\*\* People may be infected with the flu, including 2009 H1N1 and have respiratory symptoms without a fever.

There are a few things you can do to minimize your risk of exposure to harmful viruses and bacteria and reduce the risk to others.

- Wash your hands frequently and thoroughly or clean your hands with an alcohol-based hand cleaner.
- Cover your mouth and nose when you cough or sneeze, or cough or sneeze into your upper sleeve, not your hands
- Avoid touching your eyes, nose or mouth - germs infect you that way.

***So, if you get the flu, what then?***

- If you get sick, the Centers 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. Stay home until you have no fever for 24 hours (without using ibuprofen, acetaminophen, etc. to lower your temperature). If you are 18 or younger, do not use aspirin to treat fever.

***There are links to a variety of useful Websites about H1N1 on the college's Website. Simply go to the homepage and click on "Important H1N1 Flu Virus Information."***