

Flu Facts

The flu usually spreads from person to person in respiratory droplets when people who are infected cough or sneeze. People occasionally may become infected by touching something with influenza virus on it and then touching their mouth, nose or eyes.

Signs and Symptoms: fever greater than 100.4 degrees Fahrenheit, cough, sore throat, body aches, chills and fatigue. Some may experience diarrhea and vomiting. Severe complications, such as pneumonia, sometimes occur and may be more likely in people with underlying medical conditions.

Once ill, you could be contagious for up to 24 hours after your fever has resolved. Stay out of class and social situations until you have been fever-free for 24 hours.

Who should get a flu shot:

Anyone who wants to reduce their chances of getting the flu should get vaccinated (excluding those with contraindications).

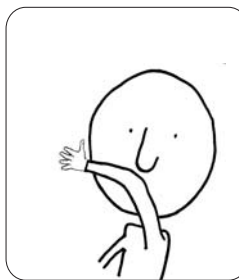
High Risk Groups Include:

SEASONAL FLU

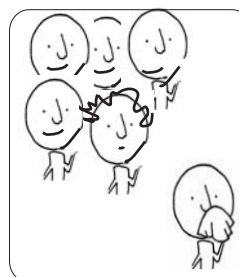
Patients who are pregnant, have chronic medical conditions (asthma, diabetes, chronic heart, liver, lung or blood disorders; HIV, cancer and others) **Patients that are high risk due to age (AGE SIX (6) MONTHS TO 18 YEARS AND AGE 50 OR OLDER).** In addition, all students living in any campus housing units, health care workers and essential community service personnel.

H1N1 FLU

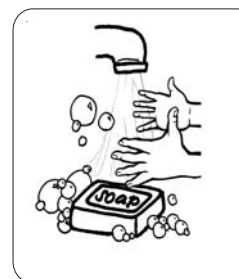
Patients who are pregnant, have chronic medical conditions (asthma, diabetes, chronic heart, liver, lung or blood disorders; HIV, cancer and others) **Patients that are high risk due to age (UNDER THE AGE OF 25).** In addition, all students living in any campus housing units, health care workers and essential community service personnel.



Cover Your Cough by coughing or sneezing into your upper sleeve, not your hands.



If you think you have the flu you should self-isolate by staying home, except to receive medical care.



Wash your hands often. Open restroom doors with a towel or use the automatic door opener.



Carry hand sanitizer and use it when you cannot wash your hands with soap and water.