

## **Prevention Tips**

Flu viruses, including H1N1, are commonly spread when the infected person coughs or sneezes into the air in proximity to others. You can also be infected by touching contaminated surfaces or objects, such as keyboards, phones, doorknobs, or personal care items and then touching your mouth, eyes or nose. The H1N1 virus remains alive on surfaces for 2 to 8 hours.

To keep from getting sick with the flu, the Centers for Disease Control and Prevention (CDC) recommends:

- Hand washing is the best, single way to avoid the spread of infection. Practice good hand hygiene by washing your hands often with soap and water, especially after coughing or sneezing. Hand sanitizer dispensers have been installed in the entrances of all campus buildings and in the computers labs.
- Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
- Get vaccinated. Talk to your health care provider to find out if you should be vaccinated for seasonal flu and/or H1N1. Vaccinations will be available to the campus community during the annual health fair. Vaccinations are available in Health Services to students free of charge.
- Encourage sick people to stay at home or in their residence except to speak to a health care provider about whether they have the flu, appropriate treatment, and what actions to take if they have severe symptoms. They should stay home until they are free of fever for at least 24 hours.
- Stay at least six feet away from infected people, or wear a face mask while in their presence.
- Establish regular schedules for frequent cleaning of commonly touched surfaces, including doorknobs, handrails, remote controls, keyboards, telephones, chairs, and desks. Use disinfectant wipes for cleaning.

## Symptoms & Facts

All types of flu have similar symptoms. Although the flu and common cold have similar symptoms, the flu tends to be more severe.

- Flu symptoms include a fever, body aches, tiredness, and cough.
- Your health care provider can give you a test to determine whether or not you have the flu.

### What are the symptoms of the flu?

Flu symptoms include:

- A 100°F or higher fever or feeling feverish (not everyone with the flu has a fever)
- A cough and/or sore throat
- A runny or stuffy nose
- Headaches and/or body aches
- Chills
- Fatigue
- Nausea, vomiting, and/or diarrhea (most common in children)

### Do I have the flu or a cold?

The flu and the common cold have similar symptoms. It can be difficult to tell the difference between them. Your health care provider can give you a test within the first few days of your illness to determine whether or not you have the flu.

In general, **the flu is worse than the common cold**. Symptoms such as fever, body aches, tiredness, and cough are more common and intense with the flu. People with colds are more likely to have a runny or stuffy nose.

### When should I seek emergency medical attention?

Seek medical attention immediately if you experience any of the following:

- Difficulty breathing or shortness of breath
- Purple or blue discoloration of the lips
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Seizures
- Flu-like symptoms that improve but then return with fever and worse cough