

Keep the Flu at Bay!

1. **Practice good hand hygiene.** Wash your hands with soap and water for 20 seconds, especially after coughing or sneezing, or use a hand sanitizer.
2. **Cover your mouth and nose with a tissue when you cough or sneeze.** Discard the tissue after it has been used. Avoid touching your eyes, nose or mouth.
3. **Know the signs and symptoms of the flu:** Fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.
4. **Stay home for 24 hours after a fever.** Stay home for one full day after a fever (100 degrees Fahrenheit or 38 degrees Celsius or greater) or signs of a fever (chills, feel warm to the touch, flushed appearance or sweating). Limit contact with others to keep from infecting them. Don't go to class or work.

Get Vaccinated!

Health officials recommend getting a seasonal flu shot to help stay healthy and reduce the impacts of other flu viruses such as the H1N1 flu. Talk to your health-care provider about options.

If you are at risk for complications from H1N1 flu, you may want to speak with your health provider about whether you may need to get the H1N1 vaccine.

For more info about the H1N1 flu and flu vaccines, visit www.olympic.edu/flu.



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Please post in work and student areas.

www.olympic.edu/flu

