

5 Action Steps: For Students, Faculty and Staff to Prevent the Spread of Flu

(Including 2009 H1N1 Flu)

The Centers for Disease Control and Prevention (CDC) recommends 4 main ways you may keep from getting sick with the flu:

- 1. Practice good hand hygiene by washing your hands often with soap and water for 20 seconds**, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- 2. 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.
- 3. Stay home or at your place of residence if you are sick** for at least 24 hours after you no longer have a fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Staying away from others while sick can prevent others from getting sick too. Ask a roommate, friend, or family member to check up on you and to bring you food and supplies if needed.
- 4. Get vaccinated** for seasonal flu and, if you are in a priority group (see www.flu.gov), for H1N1 when it becomes available.
- 5. Seek urgent medical attention** for symptoms like: difficulty breathing; pain or pressure in chest or abdomen; sudden dizziness or confusion; severe vomiting; flu like symptoms that improve but then return with fever and worse cough.

Additional Information:

- General Information about 2009 H1N1 flu vaccination can be found at: www.cdc.gov/h1n1flu/vaccination
- Information about seasonal flu vaccine can be found at: www.cdc.gov/flu/protect/keyfacts.htm
- Resources available at PSU can be found at: <http://www.shac.pdx.edu/>