

# Prevent Swine Flu on Campus

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## Wash Hands Often



Using soap and water, wash your hands for 20 seconds, which is about how long it takes to sing "Happy Birthday" twice. Wash after you cough, sneeze, use the bathroom or touch dirty laundry. Or use an alcohol-based hand sanitizer.

## Cover Coughs and Sneezes



If you can't find a tissue, sneeze into your elbow or shoulder instead of your hands. If you have a tissue, throw it out right away and wash your hands.

## Don't Share Everything



Keep your water bottles, cups, cutlery, towels, and bedding to yourself. Or at least clean them first with soap and hot water before someone else uses them. Don't "hug" laundry; tumble dry on the hot setting.

## Avoid Sick People



Stay 6 feet from people with flu-like illness. If your roommate gets sick, call campus health services for advice.

## Clean Shared Surfaces



To curb germs, disinfect keyboards, counters, phones, doorknobs, refrigerator handles, faucets, and other surfaces. Use commercial disinfectants or mix one part bleach to 10 parts water.

## Get Vaccinated



Get your vaccines for seasonal flu and the H1N1 swine flu when they become available.

## What to do if you get sick:

1. If you're sick, stay home and avoid other healthy people until you're free of fever for at least 24 hours. Wear a surgical mask if you can't avoid close contact with others.
2. Call your doctor or campus health services if you have symptoms such as a fever over 100 degrees F plus cough, sore throat, runny nose, sneezing, nausea, vomiting, or diarrhea. Antiviral drugs that treat swine flu are most effective when started early.
3. Seek immediate care if you have warning signs such as difficulty breathing, chest or abdominal pain, sudden dizziness, or severe vomiting.
4. If you have a chronic medical condition (such as asthma or diabetes), be sure to contact a doctor or campus health services about flu-like symptoms.

For further information, go to [www.webmd.com](http://www.webmd.com)

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