



## WHAT YOU CAN DO ABOUT THE FLU

H1N1 influenza (a.k.a. "swine flu") first appeared in the U.S. last spring and continued to infect people throughout the summer. According to the U.S. Centers for Disease Control and Prevention (CDC), this new strain of influenza seems to be particularly infectious to people between ages 5 and 24, so all college campuses must prepare for the possibility that a lot more people than usual could get sick this year. Please help protect your own health and that of your campus community by learning what precautions you can take to lower the risk of spreading or contracting influenza and making a Personal Influenza Plan just in case you do get sick. For more information, go to [www.uwgb.edu/counselinghealth/news/h1n1.asp](http://www.uwgb.edu/counselinghealth/news/h1n1.asp)

### Precautions and Planning

- **Get your own thermometer, ibuprofen, acetaminophen, and tissues.**
- **Maintain your own supply of hand soap and/or gel hand sanitizer** (at least 60% alcohol content)
- **Put Counseling and Health Services number in your phone:** 920- 465-2380.
- **Bookmark UW-Green Bay,** <http://www.uwgb.edu/counselinghealth/news/H1N1.asp> **and watch it regularly.** The only thing we can be certain of is that the situation will change throughout the semester, but we can't predict exactly how, so you should keep checking in.
- **Make a Personal influenza Plan.** Do you have any health condition that might put you at higher risk for more severe illness, according to the CDC? Where will you recuperate if you get sick? How will you travel there? Where do you keep the contact info for everyone you should alert if you have to self-isolate (work, faculty, etc.)?
- **Start a good hand washing habit.** Always wash with soap or hand sanitizer for at least 20 seconds before eating, drinking or preparing food; after using the bathroom; and if you cough or sneeze.
- **Practice coughing and sneezing into your sleeve.** Viruses can't stay viable as long or spread as easily from there as they can from your hands.
- **Try to keep hands away from eyes, nose, and mouth.** Wash hands more often if you smoke or bite your nails.

- **When seasonal flu shots are offered, get one.** (cost \$15 at Counseling and Health Services)
- **When H1N1 flu shots are offered, get one too (expected mid-October).**
- **If you are in close contact with someone who has the flu...don't panic, and don't blame.** Influenza may be very common on campus this fall, and people may get sick despite their best efforts. Most students will not need to take any special actions based on ordinary exposure.
- **However, if you have a "high-risk" condition** (asthma for which you take daily medication; other chronic pulmonary disease; cancer; cardiovascular disease; diabetes; pregnancy; weakened immune system; or kidney, liver, blood, or neurological disorders), contact your healthcare provider promptly. Medications may be recommended to prevent influenza infection in some cases.

<b>COLD</b>	<b>VS.</b>	<b>FLU</b>
Comes on gradually		Comes on quickly
Fever unlikely		Fever probable
Cough possible		Dry cough possible
Sore throat possible		Sore throat possible
Stomach feels okay		Vomiting, diarrhea possible
Body aches unlikely		Body aches possible
Chills unlikely		Chills possible
Stuffy/runny nose possible		Stuffy/runny nose possible.

<http://www.uwgb.edu/counselinghealth/news/h1n1.asp>

FOR YOUR CAMPUS H1N1 INFORMATION