



Be Aware - Health Info

There is a lot of information circulating about Swine Flu or H1N1. It is important that you are aware of the facts, as well as inform yourself and your students of the latest.

Facts

- The H1N1 Virus is like most flu viruses.
- It can be more severe to those that have a compromised immune system.
- Healthy individuals usually become hospitalized when it turns into Pneumonia.

What Can You Do?

- Stay Informed on Latest Information
- Report Students Who Show Symptoms
 - This will help us keep track of infections on campus
- Be Flexible & Offer Make-up Classes to Students who chose to stay home if they feel they are "honestly" ill with the flu!
- If you become ill with the flu, stay home for up to 7 days to avoid infecting others.
 - The college is working on a flexible leave program to accommodate employees.

Prevention Recommendations

- ◆ Wash Hands Frequently
- ◆ Cover Mouth & Nose With Tissues or Arm When Sneezing or Coughing
- ◆ Avoid Touching Eyes, Mouth or Nose
- ◆ Avoid Close Contact With Those Who Show Flu Like Symptoms
- ◆ If You Become Ill With Flu Like Symptoms, Consider Staying Home or Wearing A Mask.
- ◆ Use Purell or Other Hand Sanitizers in between Hand Washings

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Feel Free To Contact Me With Any Questions!

