

**Manhattan College Health Services
H1N1 Flu Management Notice**

Subject: What To Do If You Get the Flu!

August 26, 2009
(H1N1 FMN 03/09)

Students, Parents, Faculty & Staff:

Source: Centers for Disease Control (CDC)
CDC's Guidance for Responses to Influenza for Institutions of Higher Education
Academic Year 2009-2010

If you are sick with the flu, below are some tips on how to take care of yourself and to keep others healthy.

- Cover your mouth and nose with a tissue when coughing or sneezing.
- Cough or sneeze into your shirt sleeve rather than your hands.
- Wash your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective if soap and water are not available.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Sick people should stay at home or in their residence, except to go to the health care provider's office.
- Stay in a separate room and avoid contact with others.
- Drink plenty of clear fluids (such as water, broth, sports drinks, and electrolyte beverages for infants) to keep from becoming dehydrated.
- Contact your health care provider or Health Services if you are at higher risk for complications from flu for treatment. People at higher risk for flu complications include children under the age of 5 years, pregnant women, people of any age who have chronic medical conditions (such as asthma, diabetes, or heart disease), and people age 65 years and older.
- Contact a healthcare provider or go to health services right away if you are having difficulty breathing or are getting worse.

For specific information on how to take care of someone who is sick, visit:

www.cdc.gov/h1n1flu/guidance_homecare.htm

For more information about flu, call 1-800-CDC-INFO or visit www.flu.gov.