



H1N1 Flu Information & Precautions

Everyday actions people can take to stay healthy.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Viruses spread that way.

Avoid close contact with sick people.

Flu is spread mainly person-to-person through coughing or sneezing by infected people.

If you get sick, Centers for Disease Control and Prevention recommend that you stay home from work or school and limit contact with others to keep from infecting them.

The symptoms of the H1N1 flu in people are similar to the symptoms of seasonal flu and may include:

- Fever (greater than 100°F)
- Sore throat
- Cough
- Stuffy nose
- Chills
- Headache and body aches
- Fatigue

Some people have reported diarrhea and vomiting associated with the H1N1 strain of the flu.

If you have any of these symptoms alert the Student Health Center online at www.usi.edu/studenthealth so occurrence of the flu symptoms at USI can be monitored.

Visit the web for updates:
www.usi.edu/emergency