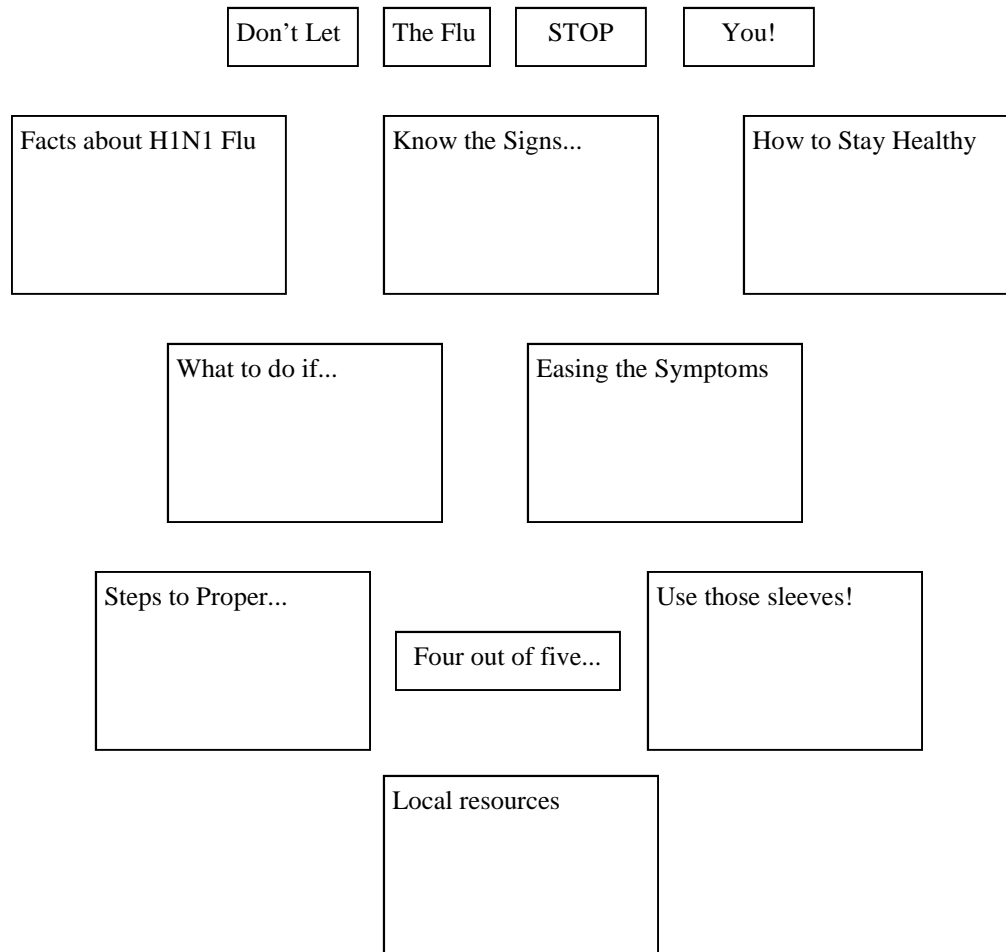


Directions for “Don’t Let the Flu Stop You” Bulletin Board

1. Cut out title pages along the dotted lines for display across top of bulletin board. Trim them further if desired.
2. A suggestion for the layout is:



Don't Let

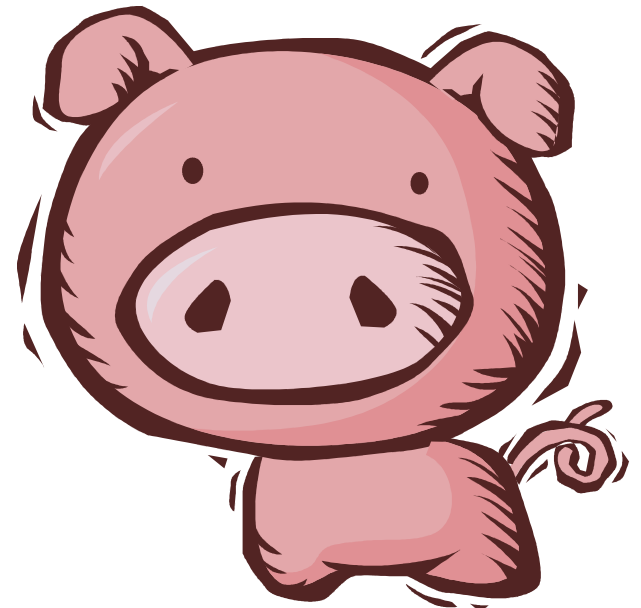
the Flu



YOU!

Facts about H1N1 (Swine) Flu

- H1N1 flu is a respiratory disease caused by type A influenza viruses.
- H1N1 flu spreads the same way regular flu spreads. People with the flu pass it to others by coughing and sneezing.
- H1N1 flu can cause fever, runny nose, tiredness, sore throat, and coughing.
- H1N1 flu is *NOT* spread by eating pork. This flu has not been found in pigs in the U.S.
- Most of the time, H1N1 flu sickens people for a short time. As with regular flu, some people have gotten very sick, and a small number have died.
- There *ARE* medicines that can treat H1N1 flu.



Know the Signs of H1N1 Flu



- Fever over 100 degrees
- Cough
- Sore throat
- Runny/stuffy nose
- Headache
- Muscle aches

How to Stay Healthy

- Get your flu shot.
- Wash your hands often with soap and water.
- Avoid close contact with sick people.
- Try not to touch things that may have the flu virus on them.
- Stay home when you are not feeling well.
- After sneezing, wash your hands or use a hand sanitizer.
- Sneeze into a tissue, your sleeve, or your elbow. Do not cover your mouth with your hands.



What to do if YOU get Sick

- Stay home! Don't go to work or class until your fever has been gone for at least 24 hours. Focus on resting.
- Talk to your doctor about using antiviral medicines if you have other complicating factors or conditions.
- Drink lots of fluids.
- Cover your coughs and sneezes.
- Wash your hands often to prevent cross-contamination.
- Talk to a health care provider if your symptoms do not improve after a week.



Easing the Symptoms



- Keep extra blankets on hand and dress in layers.
 - Drinking warm liquids like soup or hot tea can ease sore throats and coughs.
 - Gargle with warm salt water a few times a day to ease sore throats.
 - To ease congestion, use extra pillows to raise your head up while in bed.
 - Humidify the air to help moisten nasal passages using a humidifier or vaporizer, or simply breathing moist air from a hot shower or sink filled with hot water.
- ***DON'T use antibiotics. They won't help treat a virus like the flu.***

Steps for Proper Hand-Washing

Step 1: Wet hands with clean, warm water.



Step 2: Lather both hands with soap.

Step 3: Scrub hands for 20 seconds, making sure to scrub back of hands and around fingernails.

Step 4: Rinse hands well with running water.



Step 5: Dry hands with a paper towel or air dryer.

Step 6: If possible, use your paper towel to turn off the faucet.



Four out of five people wash their hands.* **Talk to the fifth person.**



TALK www.TalkToTheFifthGuy.com

*Based on a survey of 1,000 people conducted by the Centers for Disease Control and Prevention in 2008. The survey found that 80% of people wash their hands.

Use those Sleeves!



Coughing or sneezing into your shirt sleeve will trap viruses and other germs in the fabric. You won't contaminate your hands or expose your friends, classmates, or coworkers.



Local Resources

On Campus

Student Health Services
-Located in the Rec Center-

615-898-2988

www.mtsu.edu/healthservices

Hours:

Monday-Thursday 8:00am-4:30pm

Friday 8:00am-4:00pm

Information presented by



Health, Wellness, and Recreation Center

Room 1106

615-494-8704

www.mtsu.edu/healthpro