

# HEALTH ALERT

## Novel H1N1 Flu

Look for these symptoms:

### FEVER AND

- Cough
- Sore throat
- Runny or stuffy nose

Other symptoms may include:

- Body aches
- Headache
- Fatigue
- Chills
- Diarrhea
- Vomiting

People with certain chronic medical conditions, adults 65 years or older, children younger than 5 years old, and pregnant women may be at higher risk for severe illness.

### IF YOU THINK YOU HAVE H1N1 FLU:

- **Stay at home or in your residence hall room.** Do not travel or go to work or school. Notify Health Services at 264-7190.
- **Avoid close contact** with others for at least 24 hours after you are free of fever (100° F [37.8° C]), or signs of a fever without the use of fever-reducing medications.

### Everyone Should:

- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Wash your hands often** with soap and water or use an alcohol-based hand gel.
- **Avoid touching your eyes, nose or mouth.**
- **Avoid contact with ill persons.**



### For more information:

- Visit [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) or [www.sienaheights.edu/campussafety.aspx](http://www.sienaheights.edu/campussafety.aspx)
- Contact Health Services at 264-7190
- Contact Public Safety at 264-7800



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