

## Flu News

With uncertainty about what the upcoming flu season will bring, SRJC's online Flu Information Center at [www.santarosa.edu/flu-information-center](http://www.santarosa.edu/flu-information-center) will continue to offer flu-related updates, information links, and helpful health tips. The *Insider* will also include briefs about ways to avoid becoming sick and keeping healthy and flu-related resources like the Center for Disease Control at [CDC Web site](http://CDC Web site).

**The H1N1 virus**, which has been referred to as "swine flu," is a new influenza virus that was first detected in people in the United States in April 2009. The virus is spreading worldwide from person to person, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the [World Health Organization](http://World Health Organization) (WHO) signaled that a pandemic of the H1N1 flu was underway. WHO recommends that you contact your health-care provider if you exhibit the following symptoms and condition: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus have also reported diarrhea and vomiting. Severe illnesses and death have occurred as a result of illness associated with this virus, so members of the college community need to be especially attentive to avoiding the flu.

**Good Health Habits Help Avoid Flu** - Serious respiratory illnesses like influenza, respiratory syncytial virus, whooping cough, and severe acute respiratory syndrome are spread by coughing or sneezing and unclean hands. Good health habits - like covering your cough and washing your hands often - can help stop the spread of germs and prevent respiratory illnesses like the flu. There are also flu antiviral drugs available that are used to treat some people who are at greater risk of flu complications. As fall approaches, these basic tips can help you remain flu free and avoid spreading germs to other people:

Avoid close contact with people who are sick. Social distancing between healthy and sick individuals is recommended. If face-to-face contact is needed, maintaining a distance of six feet from each other will help prevent transmission.

1. **Stay home when you are sick** - from work, school, and errands - to help prevent others from catching your illness and to provide self care to avoid complications.
2. **Cover your mouth and nose with a tissue when coughing or sneezing.** It may prevent those around you from getting sick.
3. **Clean your hands** with soap and water or clean with an alcohol-based hand cleaner often to help protect yourself from germs.
4. **Avoid touching your eyes, nose, or mouth,** since germs are spread when a person touches something that is contaminated with germs and then touches his/her nose, mouth, or eyes.
5. **Get a seasonal flu shot** to prevent the regular flu. Consider getting the H1N1 flu shot, as recommended by your health-care provider, when the shots are available.
6. **Practice other good health habits,** including getting plenty of sleep, being physically active, managing your stress, drinking plenty of fluids, and eating nutritious foods. This strengthens your immune system and may provide some protection from becoming sick if you are exposed to some germs.

## Stop Germs, Stay Healthy!

### H1N1 (Swine Flu)

H1N1 virus, also known as "swine flu," is a virus that can spread from people who are infected. When people cough or sneeze they spread germs through the air or onto surfaces that other people may touch. You cannot catch the H1N1 flu from animals or from eating pork products.

### How can you stop the spread of H1N1?

- ✓ Stay Home When Sick
- ✓ Cover Coughs And Sneezes
- ✓ Wash Hands Often

Do not seek medical care if you are not ill or have mild symptoms for which you would not ordinarily seek medical care. If you have more severe symptoms of fever, cough, sore throat, and body aches, or are feeling more seriously ill, call your health-care provider.

