



# insider

*Medical,  
Vision & Dental  
Open  
Enrollment  
Ends August 31*

Staff News for Santa Rosa Junior College, August 28, 2009



## Flu News

In anticipation of the fall flu season, SRJC's Flu Task Force reminds the college community to take simple, important steps to help keep students, faculty, and staff from becoming ill with the flu. The good news is neither the H1N1 nor seasonal flu viruses are considered severe at this time; mild to moderate illness is being seen in individuals without underlying risk factors; and most people will recover from the infections without complications.

**Sick students, faculty, and staff should stay home and distance themselves from other people** until at least 24 hours after they no longer have a fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (chills, feel very warm, flushed appearance, sweating). This should be determined without the use of fever-reducing medications. If flu symptoms are severe for more than 7 days, stay home until 24 hours after the symptoms have gone away.

**Students and staff at higher risk of complications from flu should check in with their health-care provider if they become sick with an influenza-like illness.** Early treatment with antiviral medicines will help high-risk groups, including women who are pregnant, children under six months, and anyone with chronic medical conditions, such as HIV disease, asthma, diabetes, and obesity. Because an H1N1 vaccine may not be available until early November, it's important that at-risk groups of students avoid contact with individuals who are ill with the H1N1 influenza virus.

**Cover your mouth and nose with tissue when you cough or sneeze.** Use an elbow or shoulder instead of your hands when tissues aren't available. Clean hands often with soap and water or use hand sanitizers.

**If sick, don't attend college** events until you are free of fever for at least 24 hours.

**Clean often with cleaning agents any surfaces and equipment that have frequent hand contact,** such as desks, door knobs, computer keyboards, and counters.

**Get vaccinated against seasonal flu and the H1N1 flu upon recommendation from your health-care provider.** The vaccine for the seasonal flu is available now. When the H1N1 flu vaccines are available, the college community will be notified.

**While it's more likely that people under 25 years of age will become ill with H1N1** in the coming months, the large majority will get over the illness without complications.

*Remember, keeping the college community healthy takes everyone's involvement to prevent the spread of the flu:*

**WASH AND/  
OR DISINFECT  
YOUR HANDS**

**COVER COUGHS  
AND SNEEZES**

**CARRY HAND  
SANITIZERS WITH  
YOU AT ALL TIMES**

**STAY HOME IF  
YOU ARE SICK**

**DISTANCE YOURSELF  
FROM OTHERS  
WHO ARE SICK**

**GET A SEASONAL  
FLU SHOT NOW**

**OBTAIN A  
THERMOMETER &  
FEVER FIGHTING  
MEDICINES**  
(IBUPROFEN; ACETAMINOPHEN)

**GET ENOUGH SLEEP,  
EAT HEALTHY FOODS,  
AND EXERCISE  
REGULARLY**