



SCU - Protect Yourself!!!

The Centers for Disease Control and Prevention (CDC) recommends 4 main ways you may keep from getting sick with the flu:

1. **Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
2. **Cover your mouth and nose with a tissue when you cough or sneeze.** If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
3. **Stay home or at your place of residence if you are sick** for at least 24 hours after you no longer have a fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Staying away from others while sick can prevent others from getting sick too. Ask a roommate, friend, or family member to check up on you and to bring you food and supplies if needed.
4. **Talk to your health care provider** to find out if you should be vaccinated for seasonal flu and/or 2009 H1N1 flu. Information about 2009 H1N1 flu vaccination can be found at: www.cdc.gov/h1n1flu/vaccination. Information about seasonal flu vaccine can be found at: www.cdc.gov/flu/protect/keyfacts.htm.

Suggestions of things to do in your workplace setting now!

- Go to http://www.cdc.gov/flu/protect/pdf/covercough_school8-5x11.pdf and download posters for your office space and office restrooms.
- Review with your supervisor and staff the recommendation to "self-isolate" if you or other staff members have symptoms of the flu.
- Be sure tissues, no-touch waste baskets and hand washing areas are well stocked.
- Frequently clean commonly-touched surfaces and items.
- Avoid close contact with people who are sick.
- Stay healthy by eating a balanced diet, exercising regularly, getting enough rest and drinking fluids.
- Stay informed and keep up-to-date:

www.scu.edu/cshc/blog

www.sccgov.org/portal/site/phd/

www.cdc.gov/h1n1flu/

