



SCU Students Protect Yourself And Be Prepared!!!

**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 for 20 seconds, especially after coughing or sneezing. Alcohol-based (60% or more) 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.

Be prepared! Most people who develop the flu can recover with little or no medical intervention. Be sure to have a few important health supplies at the ready. Here is a checklist you can use as a guide:

Supplies: Medicines for fever, such as Tylenol (Acetaminophen) or Advil (Ibuprofen). Do not take if you are allergic to these medications. In addition you might want to have a digital thermometer, decongestants, cough syrup or cough drops, tissues, face masks, sports drinks with electrolytes (e.g. Gatorade), soup/crackers/comfort foods, hand sanitizers, disinfectant wipes (to clean frequently touched areas like counters, phones, keyboards).

Have a plan! If you live on campus, is there a family member or friend's residence you can stay while you recover from the flu? If you are sick, use private transportation (car or taxi) to travel to your destination to limit spread of the virus. Be sure to carry your personal and university identification cards and have your insurance card handy if you need it.





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