

## **H1N1A Influenza: How to stay healthy; what to do if you're sick**

In its current form, H1N1A is a relatively mild influenza, but it is quite contagious and people under age 25 are most susceptible to infection.

**If you do get sick, protect those around you: Stay in your residence hall room. Contact Boettcher Health Center, 389-6384, and Student Life, 389-6689. Call your RA or RLC.**

Regular seasonal flu shots will be offered in early September for \$30, billed to the student account. H1N1A shots will be offered for free to students and other high-risk groups in late October or early November, when it is released by the CDC. The H1N1A vaccine will consist of two shots, three weeks apart.

### **Stay healthy**

- Get plenty of sleep
- Be physically active
- Manage your stress
- Drink plenty of fluids
- Eat nutritious food
- Avoid alcohol and drug abuse

### **Protect yourself and others**

- The best method for coughing is to cough into the crook of the elbow or cover your nose and mouth with a tissue to cough or sneeze and throw the tissue out after use.
- Wash hands often with soap and water, especially after coughing or sneezing. Carry and use alcohol-based hand sanitizers, available at various locations around campus.
- Avoid touching your eyes, ears, nose, and mouth to avoid the spread of germs.
- Try to avoid contact with sick people: Stay at least six feet away from them.
- If you get sick, stay home – this includes students, faculty and staff.
- Limit contact with others to keep from infecting them.

### **Keep extra prescription medication on hand**

If you take personal medication, keep an extra month's supply on hand if possible.

### **If you become ill**

If you have H1N1 influenza, stay in your residence hall room until you are symptom-free, without medication, for 24 hours. Contact Boettcher Health Center, 389-6384, and Student Life, 389-6689. Boettcher Health Center will care for those students who have chronic medical conditions that may put them at higher risk for complications. The college will provide masks and sanitizing products to sick and well roommates, and food and supplies will be delivered to ill students who live on campus. Communicate via phone or email with your professor about ways you can complete your course, if possible.

### **Stay informed**

<http://www.flu.gov>

[http://www.coloradocollege.edu/news\\_events/swineflu.asp](http://www.coloradocollege.edu/news_events/swineflu.asp).