

HEALTH ALERT: THE H1N1 VIRUS



We are working closely with the county and state health departments to monitor flu conditions and make decisions about the best steps to take concerning Ocean County College. We are taking steps to prevent the spread of flu at our institution for as long as possible, but **we need your help to accomplish this.**

Here are a few things you can do:

- **Wash your hands with soap and water, especially after coughing or sneezing.** Alcohol-based hand cleaners also are effective.
- **Be courteous and safe by covering 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. Avoid touching your eyes, nose, or mouth; germs are spread this way.
- **Know the signs and symptoms of the flu.** A fever is a temperature taken with a thermometer that is equal to or greater than 100°F. Look for possible signs of fever: if the person feels very warm, has a flushed appearance, or is sweating or shivering.
- **Stay home if you have flu or flu-like illness for at least 24 hours after you no longer have a fever** (100°F) 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). Don't go to class or work.
- **Talk with your health care providers about whether you should be vaccinated** for seasonal flu. Also if you are at higher risk for flu complications from 2009 H1N1 flu, you should consider getting the H1N1 vaccine when it becomes available. People at higher risk for 2009 H1N1 flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease, or diabetes).