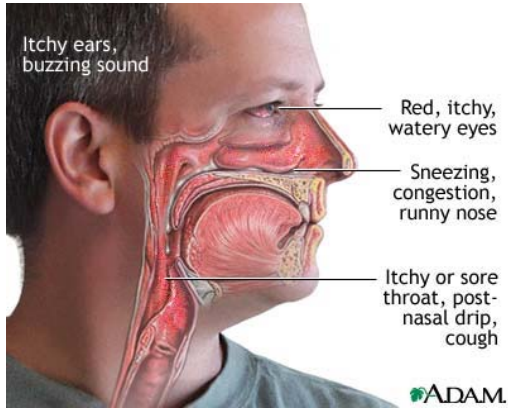


HUMAN SWINE FLU: KNOW WHAT TO DO

Protect your health and that of those in contact with you
by doing the following:



1. Know the Symptoms:

- Fever
- Cough
- Sore Throat
- Chills
- Body aches
- Headache
- Ear Problems
- Feeling Tired

2. If you have these symptoms, see your doctor ASAP and DO NOT COME TO SCHOOL.

3. Avoid touching your mouth, nose and eyes with your hands.

4. Wash your hands often.

5. Use the hand sanitizers often.

6. If you have to sneeze, use a handkerchief, tissue or napkin to cover your nose.

7. If you have to cough, cover your mouth.

8. Throw away paper towels and tissues after using them.

9. Clean your phones, keyboards, iPods, etc. often.

10. Avoid contact with individuals who are sick.

11. Get plenty of rest.

For Further Information:

Center For Disease Control

<http://www.cdc.gov/>

Consumer Products Safety

<http://www.cpsc.gov/>

Travel

<http://travel.state.gov/>

Update About Human Swine Flu

Information about the human swine flu is ever evolving. Because this is a new strain of virus, the CDC (Centers for Disease Control and Prevention) is updating its public announcements and recommendations frequently. At this time there are no recommendations regarding quarantining, banning or excluding healthy individuals from the campus who have been to Mexico.

Human swine flu presents similar symptoms to any seasonal flu virus including fever greater than 100.0 F, nasal congestion, sore throat and cough, generalized body aches and fatigue. Some individuals also experience nausea, vomiting and diarrhea along with the respiratory symptoms.

The period of contagiousness is one day prior to the onset of symptoms to 7 days after the symptoms have begun, or 24 hours after symptoms are resolved. Treatment is available for those who are diagnosed or who have been exposed to the virus. Very frequent hand washing is the best prevention against the virus as well as avoiding individuals who are sick.

Again please be advised:

- If you are a residence hall student and experience the symptoms of human swine flu, you should report immediately to the Public Safety Office and your Residence Life staff.
- If you are a commuter student and experience the symptoms, you are advised to stay home from school and contact your health care provider. If you are on the Five Towns College campus, please come to the Public Safety Office.
- If you are a Five Towns College employee and experience these symptoms, you are advised to stay home from work and contact your health care provider. If you are at work, it is advised that you go home.

For any of the above individuals, if you see your health care provider and there is concern that you may have been infected with the human swine flu, please contact the Public Safety Office immediately at 631-656-2196.

Please be aware that your best method of prevention is to wash your hands regularly, get plenty of rest, and avoid anyone who may be ill. Please visit the [Centers for Disease Control](http://www.cdc.gov/) website for more information about human swine flu.

Questions? Concerns?

Contact the College Counselors at 631-656-2124 and/or 631-656-3191, Public Safety at 631-656-2196, **or** your personal health care provider.