

The show must go on, but **NOT...**

... if you have the Flu
... if you could make all your classmates ill
... if you might have to go home for a whole week
...if the show is cancelled because everyone got your illness

What can you do to assure the show goes on?

#1 Get vaccinated.

The CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against the seasonal flu. The seasonal vaccine will not protect you against the novel H1N1 flu (also called Swine Flu). For H1N1 you will also need the new H1N1 vaccine (this may be two shots). Therefore, this year, you may need a total of 3 shots.

#2 Everyday Prevention.

COVER your nose and mouth with a tissue when your cough or sneeze. Throw the tissue in the trash after you use it. **WASH** your hands often with soap and water — alcohol-based hand sanitizer in a pinch. **AVOID** touching your eyes, nose or mouth. Germs spread this way. **AVOID** close contact with sick people.

#3 If you get sick, stay away.

Stay away from other students, do NOT go to class, not even to tell your teachers you are sick. GO to Health Services. There are medications that are effective against the flu and will make your illness milder and you feel better faster.

- Contact Health Services 770-3288
- After hours contact Residence Life:
High School—414-9545 College 414-9544

Flu-like symptoms:

Sudden onset of any of the following:

- Fever (usually high)
- Headache
- Extreme tiredness
- Dry cough
- Runny or stuffy nose
- Muscle aches
- Sore throat
- Vomiting
- Sometimes Diarrhea

This year the flu season could be severe. There is a new and very different flu virus spreading worldwide call the H1N1 flu. This virus may cause more illness or a more severe illness than usual. **Make plans now** for what you will do if you get the flu. If you get the flu you need to leave campus for a week, **talk to your family about how they will either pick you up or come and take care of you.**

SHARING IS NICE, BUT DO NOT SHARE YOUR GERMS!