Seattle Central Community College

READY TO FIGHT THE FLU

Get vaccinated.

The vaccine for seasonal flu is available now and is recommended by the Centers for Disease Control (CDC) as a key measure in protecting yourself against seasonal flu.

A new vaccine against H1N1 is being produced and will be available in late fall 2009 as an option for prevention of H1N1 infection. Those who are at higher risk for flu complications from H1N1 flu should consider getting the vaccine when it becomes available.

Cover your cough.

Cover your nose and mouth with a tissue when you cough or sneeze or cough or sneeze into your elbow or shoulder, not your hands. Put your used tissue in the waste basket.

Clean your hands.

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

Avoid touching your eyes, nose or mouth.

Avoid close contact with people who are sick.

Keep work and living areas clean.

Make sure doorknobs, refrigerator handles, remote controls, computer keyboards, desk and countertops, faucet handles, and bathroom areas are cleaned frequently.

Know the signs and symptom of the flu (see right).

If you think you have the flu, stay home for at least 24 hours after your fever is gone.

Your fever should be gone without the use of a fever-reducing medicine (any medicine that contains ibuprofen or acetaminophen). Limit contact with others to avoid infecting them.

Swine Flu FACTS

What is H1N1 (swine flu)?

Novel or new H1N1 flu, also known as “swine flu,” is a newly identified influenza virus that can spread from people who are infected to others through coughs and sneezes.

How does swine flu spread?

Like other respiratory diseases, it is spread from person to person through coughs and sneezes. When people cough or sneeze, they spread germs through the air or onto surfaces that other people may touch.

You can also get the virus by touching a surface such as a countertop or doorknob that has become contaminated and then touching your mouth, nose or eyes.

Although the virus was called “swine flu” early on, it is not transmitted from pigs to humans or from eating pork products.

What are the symptoms of seasonal flu and the H1N1 flu?

- Fever over 100 degrees Fahrenheit (38 degrees Celsius)
- Chills and cough or sore throat.
- Fatigue, lack of appetite, runny nose, headache, body aches, nausea, vomiting and diarrhea can occur.

If I get the flu, how long is it contagious to others?

Infected people may infect others beginning at least one day before symptoms develop and up to seven or more days after becoming sick.

Who is at greatest risk?

People at greatest risk for H1N1 infection include young children, pregnant women, and people with chronic health conditions like asthma, diabetes or heart and lung disease.

seattlecentral.edu/fluinfo
What can I do to protect myself against seasonal flu and H1N1 flu?

For seasonal flu, the Centers for Disease Control (CDC) recommends a yearly seasonal flu vaccine as the first and most important step in protecting yourself against seasonal flu.

Where can I get vaccinated?

The King County Department of Public Health provides immunizations at low cost. Many neighborhood drug stores and grocery stores also provide flu shots.

Are there treatments available?

Yes. In addition to getting a vaccination as a preventative measure, there are also prescription antiviral medications available to help treat the flu. Consult with your health care provider to determine if you need to take one of these medicines.

I don’t have health insurance. What are my options?

King County (Seattle) has several health centers around the area that provide low-cost care. They recommend that you visit them before flu season to establish yourself as a patient.

Call 206-296-4600 for an appointment
www.kingcounty.gov/healthservices/health/locations.aspx

What if I get sick? (students)

Take your temperature. A fever of 100°F or higher is a distinguishing indicator for the flu.

Stay at home. Students diagnosed with or suspected to have the flu should remain at home and avoid contact with others until at least 24 hours after their fever resolves. Students should not go to class during this time. Ask a roommate, friend, or family member to check up on you and to bring you food and supplies if needed.

ALL STUDENTS: notify your instructor(s) you are temporarily incapacitated and are unable to attend class or complete an assignment on time.

What if I get sick? (faculty & staff)

Faculty and staff who have flu-like symptoms should stay home during the period in which they are contagious and seek medical care as needed.

Staff with flu-like symptoms should communicate directly with their supervisor in the same manner they would for any other illness.

All staff and faculty must be free of fever for at least 24 hours before returning to work, according to CDC guidelines.

Where can I get campus information?

Seattle Central’s flu information website will be constantly updated with the latest information and information for students, faculty and staff.

seattlecentral.edu/fluinfo

www.seattlecolleges.com/DISTRICT/emergencies/pandemic.aspx

Campus Alert Get a text message on your phone in the event of school closure.
Subscribe now: https://alert.seattlecolleges.edu/Login.aspx

seattlecentral.edu/facebook

Follow us on Twitter: @seattlecentral

CBlog (faculty & staff)

For more flu information:

For the most up-to-date information on flu:

www.flu.gov

1-800-CDC-INFO (232-4636).

Seattle & King County Public Health
Call the Flu Hotline at 877-903-KING (5464).
TTY relay: 711. (available in English and Spanish)
www.metrokc.gov/HEALTH/pandemicflu/index.htm

Washington State Department of Health
www.doh.wa.gov/h1n1
(Information is available in Spanish, Chinese, Korean, Russian, Tagalog, Vietnamese, Somali, Arabic, Burmese and Mepalese)

Sources: Center for Disease Control, Washington State Department of Health, Seattle & King County Public Health.