

# FLU: Information for Students about Pandemic Flu – H1N1 – and your health

Maintaining a healthy lifestyle through rest, diet, exercise, and relaxation helps prevent flu infection.

The flu (influenza) is caused by viruses that infect the nose, throat, and lungs. The flu and colds usually spread from person to person when an infected person coughs or sneezes. H1N1 is a specific strain of the flu which is extremely contagious.

**Germ**s are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks, and tables. Wash your hands often with soap and warm water, particularly before eating or after sneezing. If soap and water is not available, use a hand sanitizer.

Cover your coughs and sneezes with a tissue, or cough and sneeze into your elbow. Do not use other person's phone, computer, or other similar items without cleaning them first. Clean exercise equipment before and after each use.

## How do know if I have the flu?

Common symptoms of the flu include fever, headache, extreme tiredness, coughing, sore throat, muscle aches, and occasionally vomiting and diarrhea.

## If you think you may have the flu:

Stay home when you are sick. Call before going to a doctor's office. Remember, keeping your distance from others may protect them from getting sick.

Do not go to class, public events, or areas.

When you are sick or have flu symptoms, stay home, get plenty of rest, and check with a health care provider as needed.

The University is following the CDC recommendation that people with influenza-like illness remain at home until at least 24 hours after they are free of fever (100° F [37.8°C]), or signs of a fever without the use of fever-reducing medications.

## For more information:

Go to [www.uc.edu/uhs](http://www.uc.edu/uhs)  
or  
Call University Health  
Services at 556-2564