



## Greetings ITC Community

You all are well aware of the H1N1 Flu Virus and the importance of protecting yourself and your family. It has come to our attention that H1N1 has arrived in the Atlanta University Center, but that the infected persons have taken precautions to avoid infecting others and spreading contamination.

Since the arrival of this fast-spreading virus, ITC has made it a point to try and keep the community informed of practices and ideas designed to keep the virus from infiltrating and spreading our campus. To that end, here are some things you can do to help protect yourself and others:

- ✓ Wash your hands often with soap and water or an alcohol-based hand sanitizer
- ✓ Avoid touching your eyes, nose or mouth
- ✓ Always cover sneezes and coughs, even if you feel well
- ✓ Avoid people who are coughing or sneezing
- ✓ Eat healthy foods, exercise regularly, manage your stress, and get plenty of rest
- ✓ Get a flu vaccination. And remember, there are two different vaccines – the H1N1 vaccine and the seasonal flu vaccine. The seasonal flu vaccine DOES NOT protect against the H1N1 flu

If you or your children feel ill, the CDC recommends you stay home – even if the symptoms are mild. It is important that you are fever free for at least 24 hours without the help of fever reducing medicine before you return to work, or before your children return to school.

Contact your healthcare provider if: you experience trouble breathing, wheezing, or tightness in your chest; a deep cough lasting more than three weeks; a very sore throat and a hard time swallowing; severe ear pain, sudden hearing loss, or discharge from your ear; a fever with a stiff neck or severe headache; a high fever; or if you've gotten better, then gotten worse again.

Other links you may visit for more information and ideas:

[www.kp.org/flu](http://www.kp.org/flu)

[www.pandemicflu.gov](http://www.pandemicflu.gov)

[www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)

[www.health.state.ga.us/pandemicflu](http://www.health.state.ga.us/pandemicflu)

[www.hhs.gov/fbci](http://www.hhs.gov/fbci)

<http://flu.gov/professional/community/cfboguidance.pdf> - this link provides a pamphlet directed specifically toward Community and Faith Based organizations.