

How Flu Spreads

It's all about respiratory droplets! Yes!

Respiratory Droplets

This is the main way flu viruses spread.

Coughs

Respiratory droplets travel this way.

Sneezes

Respiratory droplets travel this way.

Mouth, Nose, Eyes

Being around an infected person, encountering their respiratory droplets and then touching your mouth, nose or eyes may make you sick.

Wash your hands this way

Alcohol-based hand rubs reduce risk as well!

STEP 1: WET

Wet hands with warm, running water.

STEP 2: SOAP

Apply soap.

STEP 3: SCRUB FOR 20

Scrub hands and wrists at least 20 seconds.

STEP 4: RINSE

Rinse with warm, running water.

STEP 5: DRY

Dry hands with paper towel.

STEP 6: TOSS

Turn off faucet with paper towel. Throw it away.

Warning Signs for Children

The following, *plus* all the warning signs listed for adults (to the right), indicate that the child needs the medical attention of a doctor:

Skin color

Bluish or gray skin

Fluids

Not drinking enough fluids

Irritable

Being so irritable that child does not want to be held.

Stop the spread

How to stop the spread of flu viruses in enclosed spaces like apartments.

Isolate

Keep the sick person away from others, in a room separate from common areas of the house. Wear a face mask if possible when sharing common spaces in the household.

Do the sleeve sneeze

No tissue? Remind the sick person to sneeze or cough into their sleeve, instead of directly into their hands, which spreads germs. If using tissue, hands should be cleaned immediately afterwards.

Clean hands

The sick person, roommates and visitors should clean hands often.

About the bathroom. . .

Keep towels and wash cloths used by the sick person separate from others and clean bathroom surfaces with disinfectant at least daily.

Limit to one caregiver

If possible, have only one person provide care to the sick person.

Antiviral meds for yourself/others?

Check with your health care provider to see if some people in your apartment should take antiviral medication to prevent the flu.

Avoid face-to-face

Have caregiver avoid being face to face with the sick person.

Monitor Roommates for Flu

Use the following checklist to decide if you or someone in your apartment may have the flu:

Cough?

Do you or the person have a cough?

Sore Throat?

Do you or the other person have a sore throat?

Other flu symptoms?

Do you or the person have a headache, body aches, fatigue or chills?

Or these symptoms?

Do you or the person have vomiting or diarrhea?

Fever over 100 degrees?

Do you or the person have a fever of 100 degrees or higher?

If you answered yes to

fever of 100 degrees or higher AND cough or sore throat, you have an influenza-like illness. To avoid spreading the illness, stay home for 7 days after symptoms start or until completely well for a full day, whichever is longer.

Warning Signs for Adults

The following are warning signs that need medical attention; you should consult with a doctor.

Breathing

Fast breathing or shortness of breath.

Pain

Pain or pressure in the chest or abdomen.

Dizziness

Sudden dizziness

Confusion

Unable to think clearly.

Vomiting

Severe or persistent vomiting.

Return of symptoms

Flu-like symptoms improve but then return with fever and worse cough.

BEAT THE BUG

Flu Prevention Tips



Student
Health
Services



Prevention
& Wellness
Services

Both departments now located in the Wellness Center
Student Health 239-590-7966
See www.flu.gov for more information