

Influenza 2013: What you need to know- Siena College Health Services

Flu season is upon us. On January 12, 2013, New York State Governor Andrew M. Cuomo declared a Public Health Emergency for all of New York State in response to this year's increasingly severe flu season. Influenza is a contagious respiratory virus that is spread person-to-person by direct or indirect contact with the droplets produced by an infected person when they cough or sneeze.

Symptoms of the flu are usually sudden onset and more severe. They include: Fatigue, Fever above 100, Chills, Headaches and /or Body aches, Cough and /or Sore Throat, Runny Nose, Diarrhea

Here are the precautions you can take to help avoiding the flu:

1. **Wash Hands Often** - Wash your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
2. **Cover Your Mouth** - Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
3. **Avoid Touching Your Eyes, Nose and Mouth** - Germs are spread this way
4. **Clean Often** - Disinfect surfaces and objects that maybe contaminated by germs.
5. **Avoid close contact** (less than 3 feet) with others who are sick
6. **Take care of your immune system** - Get plenty of sleep, exercise and eat healthy foods
7. **Get a Flu vaccine...** The single best way to prevent the flu is to get a flu vaccine each season. We strongly encourage you to get vaccinated. **Contact your local doctor, pharmacy or county health department to get your flu shot. We are looking into possibility of offering another flu vaccine clinic here on campus.** Information will follow.

Students: If you do become ill while on campus-please contact the Health Services 783-2554 to be seen. The Health Service Clinic reopens on Tuesday January 22nd, 8:30 am-4:30 pm.

Employees: If you do become sick with flu like illness, please contact your supervisor. In order to minimize the outbreak, we are asking people with flu symptoms to Stay Home until:

·You no longer have a fever (100 degrees Fahrenheit or 38 degrees Celsius) for at least 24 hours without the use of medication ; or

· You no longer have signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating).

For more information about the flu, visit:

<http://www.health.ny.gov/diseases/communicable/influenza/seasonal/>

http://www.health.ny.gov/diseases/communicable/influenza/fact_sheet.htm

www.cdc.gov/flu