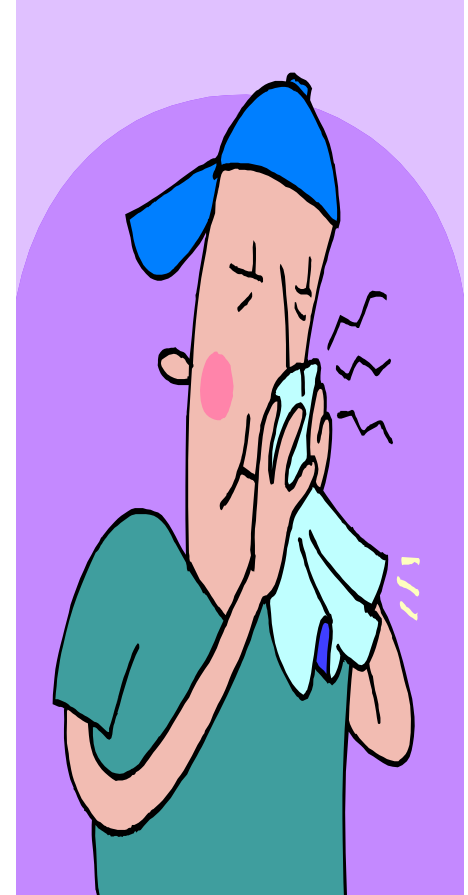


INFLUENZA

FLU



HEALTH ALERT

Seasonal Influenza (Flu)

New Jersey is experiencing widespread influenza (flu) activity. The strain of influenza (flu) that is circulating this season is more severe than usual. Although public health agencies cannot accurately predict the peak and duration of the flu season, Georgian Court University is committed to the health and safety of its community . Preparedness is the key.

What is the FLU?

- Influenza/ Flu is a respiratory virus that is contagious and is currently spreading from human to human through contact with infected people who are coughing or sneezing





FACTS



TRANSMISSION

- PASSED PERSON TO PERSON
- SNEEZING OR COUGHING
- VIRUS IN DROPLETS
- CAN BE TRANSMITTED UP TO 3 FEET DURING COUGH/SNEEZE
- CAN BE PICKED UP FROM CONTAMINATED HARD SURFACES TRANSFERRED VIA EYES, NOSE, MOUTH

CONTAGION

- DROPLETS ON SURFACES VIRULENT FEW SECONDS TO 48 HOURS
- DEPENDS ON STRAIN AND/OR SURFACE
- VIRUS SHORT SURVIVAL ON FABRICS/PAPER
- LONG SURVIVAL ON PLASTICS, METALS, WOODS
- PERSON CONTAGIOUS UP TO 5 DAYS AFTER SYMPTOMS BEGIN

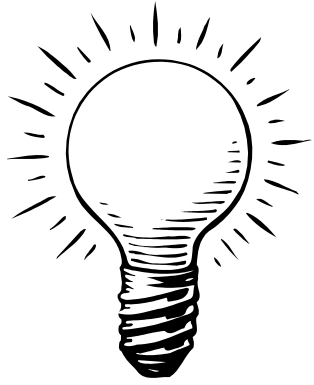
#1 PREVENTION

ANNUAL IMMUNIZATION

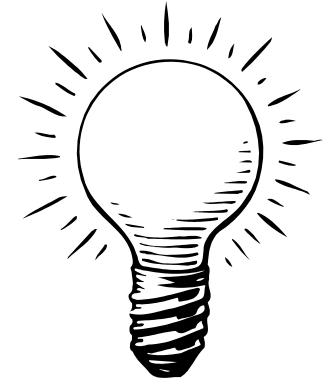
CHANGES YEARLY BASED ON STRAINS

EFFICACY ~ >60%





PREVENTION TIPS



- **Cover your mouth when coughing or sneezing**
- **Avoid touching your eyes, nose and mouth.**
- **Constantly, wash your hands with soap and water or use alcohol-based hand sanitizer especially before eating or drinking.**
- **Avoid contact with others when you are sick.**
- **Avoid close contact with sick people.**
- **Get plenty of rest, at least 8 hours of sleep.**
- **Drink plenty of fluids, water is the best!**
- **Eat nutritious foods like fruits, veggies and meats.**
- **Clean and disinfect commonly used objects such as phones and**



SIGNS & SYMPTOMS

- FEVER, CHILLS
 - COUGH
- SORE THROAT
- BODY ACHES
- HEADACHE
 - FATIGUE
- VOMITING OR DIARRHEA



WHAT TO DO IF YOU GET THE FLU





5 STEPS TO TAKE

1. STAY AT HOME & REST
2. DRINK CLEAR FLUIDS LIKE WATER, BROTH, SPORTS OR ELECTROLYTE DRINKS TO PREVENT DEHYDRATION
3. TREAT FEVER & COUGH WITH OVER THE COUNTER MEDS
4. AVOID CONTACT WITH OTHERS
5. IF YOU GET VERY SICK , PREGNANT OR HAVE A CHRONIC CONDITION THAT PUTS YOU AT HIGH RISK FOR COMPLICATIONS, CALL YOUR DOCTOR.

TREATMENT OF SPECIFIC SYMPTOMS

SORE THROAT

1. Acetaminophen or ibuprofen for pain (take as directed)
2. Ice chips or frozen pops
3. Gargle with 1 tsp salt mixed with 1 cup of warm water

CHILLS, ACHES, PAINS

1. Acetaminophen or ibuprofen (take as directed)
2. A light blanket

DRY COUGH

1. Humidifier
2. OTC meds- ask pharmacist or doctor
3. Cough drop or hard candy to soothe throat

FEVER

1. Acetaminophen or ibuprofen (take as directed)
2. Cool cloths on body extremities and forehead
3. Slightly warm bath

CONGESTION

1. Decongestants
2. Humidifier
3. Warm washcloth to sinus areas





EMERGENCY



DIFFICULTY BREATHING OR
SWALLOWING

PAIN OR PRESSURE IN CHEST OR
ABDOMEN

IF YOU ARE PREGNANT, VERY SICK
OR HAVE A CHRONIC MEDICAL
CONDITION THAT PUTS YOU
AT HIGH RISK OF FLU
COMPLICATIONS

SUDDEN DIZZINESS

CONFUSION

SEVERE OR PERSISTENT
VOMITING

Don't be **BLUE** with the FLU!

Questions????

Contact Health Services @ ext. 2756

Or visit

www.cdc.gov/flu

