

## **H1N1 Prevention What Can You Do?**

Influenza is thought to be spread by being in proximity to those who are infected and being in contact with contaminated objects.

**Prevention:** To reduce your chance of getting ill, always wash your hands before you eat and avoid touching your eyes, nose or mouth. You can wash your hands with soap and water or use alcohol-based hand sanitizers. If you recognize that others are sick, limit your exposure to them when possible.

**Symptoms:** If you become ill with flu-like symptoms, including fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea, contact your health care provider, who will determine whether flu testing or treatment is needed.

**If you are ill:** Stay home, avoid contact with other people and avoid social gatherings as much as possible to keep from spreading your illness to others. When coughing or sneezing, cover your nose and mouth with a tissue and then throw the tissue away. If you do not have a tissue, cough or sneeze into your sleeve or elbow, not your hands.

**High-risk groups:** People at high risk for complications of the H1N1 virus, and other strains of the seasonal flu, include those with the following conditions: Chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, hematological (including sickle cell disease), neurologic, neuromuscular, or metabolic disorders (including diabetes mellitus). Pregnant women also are at high risk for complications. Anyone in those high-risk groups should contact their health care provider if they exhibit flu-like symptoms. Students can contact Health Services at 407-823-2701 to set up an appointment or if they have questions. They also can visit the Health Services Web site, [www.hs.sdes.ucf.edu](http://www.hs.sdes.ucf.edu).

For more information on the H1N1 flu, visit the Florida Department of Health Web site at <http://www.doh.state.fl.us/DEMO/php/FluInfo.htm> , the Centers for Disease Control and Prevention Web site at [www.cdc.gov/swineflu/swineflu\\_you.htm](http://www.cdc.gov/swineflu/swineflu_you.htm) or the World Health Organization Web site at [www.who.int/en/](http://www.who.int/en/).

UCF Health Services will continue to post updates at [www.hs.sdes.ucf.edu](http://www.hs.sdes.ucf.edu).

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