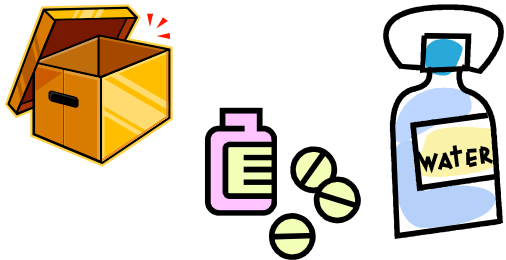


NOTE: Students or staff who have a medical condition that puts them at increased risk of severe illness or who develop severe symptoms should seek care promptly.

What about large gatherings?

Every day on campus is participation in a large gathering. If you are not feeling well or are sick, please stay in your dorm room or at home. **DO NOT** go to organization meetings, concerts, sporting events or any other place where there will be close contact with a large number of people. This will help prevent the spread of any illnesses on campus and in the community.



Other important actions you can take:

Now is the time to get prepared in case you get sick and need to stay in your room or at home for a week or so. Put together a supply of over-the-counter medicines, alcohol-based hand rubs, tissues and other related items that would help you avoid having to make trips out in public while you are sick and contagious.

Some bottled water and nonperishable snack foods would also be good to have.

If you take medication regularly for any health conditions, make sure you have enough of that on hand at all times, in case you are unable to get to a pharmacy.

If a roommate or family member is sick:

Separate the sick person away from others as much as possible. Avoid being face-to-face with the sick person.

If possible, wear a face mask when around the sick person (ex: surgical mask). Throw the mask away after use and then clean your hands with an alcohol based hand sanitizer or warm water and soap.

If possible, try to have good ventilation in the room or home by opening windows, especially in common areas.

Finally, check with the student health center or your health care provider about taking antiviral medications to help prevent catching the flu.

Information adapted from the Centers for Disease Control and Prevention (CDC), *Interim CDC Guidance for Institutions of Higher Education and Post-secondary Educational Institutions*

**Provided by the Guilford County
Department of Public Health**

PEC APP 8/09

Students and Faculty

Help Prevent the Spread of Illness Around Campus This Year



336-641-7777

www.guilfordhealth.org

Germ on Campus.

College campuses are a great environment for spreading germs—lots of people in close contact with each other. Students and faculty are wise to take steps to prevent the spread of the bacteria and viruses that cause flu and other illnesses.

Everyday Prevention!

Clean your hands often with an alcohol-based hand sanitizer or warm water and soap. Do this especially after you cough or sneeze. Carry hand sanitizer with you for easy access.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Try to **avoid close contact** with sick people.

Eat healthy foods.

Get adequate rest.



A Word About Skin infections

Some bacteria are spread by direct contact with someone else's skin or by sharing items such as sports equipment or towels that have touched infected skin.

It is best to:

Use your own towel or sports equipment; don't share with a friend.

Use a towel or some other barrier between your skin and any shared exercise equipment.

Keep any skin infection (rash, bump, wound) covered with a clean, dry bandage until it has healed, especially if it is draining.

Clean your hands well with an alcohol based hand sanitizer or warm water and soap after changing a bandage or cleaning a wound.

Follow any school or facility policies about playing sports or working out with any type of skin rash or infection.

Visit the student health center or see a health care provider if the infection continues to drain or does not improve.



Signs and symptoms of flu-like illness:

Fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also have reported diarrhea and vomiting. Severe illnesses and death do occur sometimes with flu-like illnesses.

Flu viruses are spread mainly from person to person through coughing or sneezing by people infected with influenza. Sometimes people become infected by touching something with flu viruses on it and then touching their mouth or nose.

Studies have shown that people may be contagious from one day before they develop symptoms to up to seven days after they get sick.

If you are not feeling well:

Students or faculty who have flu-like symptoms, such as fever of 100° F or greater, chills, coughing and sneezing should stay away from others. Don't go to class and don't go into commons areas!



Stay home or in your dorm room, out of class, until you have been fever-free for 24 hours without the use of fever-reducing medicines. Stay home even if taking antivirals.

If you want to see a health care provider in campus health services or a private provider, contact the provider's office by telephone or other remote means before going in.

Pay attention to messages from administration about what you should do if you become ill with something like the flu, including reporting your symptoms to student health services.

If you have a flu-like illness and have to leave your home or dorm room (for example, to seek medical care or other necessities), cover your nose and mouth when coughing or sneezing. Wear a mask if possible.

Take advantage of alternative educational delivery such as distance learning, web-based learning or other ways to increase social distancing.

Students could consider getting a "flu buddy," a single person who will help get your meals and care for you.