

# Health Watch

## Preventing the Spread of H1N1 Influenza

### *Tips From the Centers for Disease Control*

#### How to Stay Healthy

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze
- Alcohol-based hands cleaners also are an effective way to clean hands.
- Germs spread when you touch your eyes, nose or mouth, so keep hands off your face.
- Try to avoid close contact with sick people.

#### More on Influenza

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.

#### If You are Experiencing Flu-like Symptoms

- Stay home, avoid contact with others until free of fever for at least 24 hours without the use of fever-reducing medications.
- If your symptoms are severe, see your physician.

For up-to-date information, visit [www.cdc.gov/h1n1flu/](http://www.cdc.gov/h1n1flu/), the web site for The Centers for Disease Control, the federal link to all emergency health matters, and [www.state.nj.us/health/flu/](http://www.state.nj.us/health/flu/), the web site for the New Jersey Department of Health and Senior Services.

#### Visit Bergen's Health Office – HS100 for More Information

Information on hand washing and H1N1 is available at the College's Health Services Office, located at HS100 across from the Gymnasium in the Pitkin building or by visiting the CDC web site.

**Email:** [healthservices@bergen.edu](mailto:healthservices@bergen.edu) • **Phone:** 201-447-9257

## Quick Facts

#### H1N1 Vaccine

The H1N1 vaccine is being distributed by the federal government. As of early November, supplies of the vaccine had been delayed in reaching individual states, counties and townships. This situation is expected to improve over the coming weeks. Check your county and town Web sites for updated flu clinic information. You can also check the New Jersey state Web site, [www.state.nj.us/health/flu/](http://www.state.nj.us/health/flu/), for the location of flu clinics near you. Local municipalities are mandated to list H1N1 flu clinic locations on this site. Pregnant women, caregivers of infants less than 6 months old, individuals older than 6 months and up to the age of 24 — including most college-age students — and those 25 to 64 with medical conditions that could be complicated by the virus, will have a priority to receive the vaccine. Medical personnel will also be a priority group. The vaccine is voluntary. The College continues to monitor the H1N1 flu and vaccine situation and will update this Web site as more information becomes known.

**Strain:** Influenza A (H1N1)

**Infectious Period:** 1 to 3 days before onset to 3 to 9 days after onset of illness

#### Symptoms:

- |                    |               |
|--------------------|---------------|
| ■ Fever*           | ■ Sore throat |
| ■ Lethargy         | ■ Nausea      |
| ■ Loss of appetite | ■ Diarrhea    |
| ■ Runny nose       | ■ Vomiting    |
| ■ Coughing         |               |

\*Fever may or may not be present