



What are the emergency warning signs?

Seek immediate medical care if you experience

- * Difficulty breathing or shortness of breath
- * Pain or pressure in chest or abdomen
- * Sudden dizziness
- * Confusion
- * Severe or persistent vomiting
- * Flu-like symptoms that improve but then return with fever and worse cough

What is GCC doing to protect faculty, staff, and students?

- * Taking appropriate measures to provide a clean environment to help the spread of H1N1 and other germs
- * Providing alcohol-based hand sanitizer in common areas
- * Providing disinfectant wipes for office desk, telephones, reception counters, podiums
- * Educating faculty, staff and students

What are my responsibilities?

- * Stay home when sick or go home if you become sick. Tell your professor or supervisor about your symptoms if you suspect flu.
- * Cover your nose and mouth with a tissue when you cough or sneeze and then throw the tissue in the trash.
- * Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- * Avoid touching your eyes, nose, and mouth. Germs spread this way.
- * Ask your doctor if the H1N1 vaccination is recommended for you and your family.

Where can I learn more?

- * The Center for Disease Control and Prevention: <http://www.cdc.gov>
- * Virginia Department of Health: <http://www.vdh.state.va.us>