



Tips to avoid spreading germs

1. Stay home when you are sick

Stay home from work and school when you are sick. If diagnosed with H1N1, notify Professor or supervisor as appropriate.

2. Cover your mouth and nose

Cough or sneeze into your upper sleeve or a tissue so that you do not contaminate your hands. If you cough into a tissue, throw it in a wastebasket immediately.

3. Wash your hands frequently with soap and water.

Washing your hands frequently and thoroughly will help protect you from germs. Alcohol-based hand cleaners are also effective; dispensers are located at every campus.

4. Avoid touching your eyes, nose or mouth

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

5. Maintain “social distance”

Avoid close contact with people who are sick. If you are sick, keep your distance from others to protect them.

6. Practice other good health habits

Get enough sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

7. Seek medical attention immediately if you experience flu symptoms

Symptoms may include: abrupt high fever, coughing, congestion, vomiting, sore throat, body aches, excessive fatigue and diarrhea.

8. Educate yourself

Learn more at www.cdc.gov or <http://www.vdh.virginia.gov>