

Stay Healthy!

Know what to do to protect yourself and others from the flu

General precautions

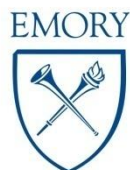
The Centers for Disease Control (CDC) is offering some general precautions everyone should follow to help stem the spread of all flu like illnesses, including swine influenza:

- Regularly wash your hands with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Cover your mouth and nose with a tissue when you sneeze or cough. Throw the tissue in the trash after you use it. If you don't have a tissue, cough or sneeze into your elbow or upper arm, not your hand.
- Avoid touching your eyes, nose or mouth. Germs spread this way.

Try to avoid close contact with sick people

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Students experiencing flu-like symptoms should contact Student Health Services at **404.727.7551** or online via Your Patient Portal at www.studenthealth.emory.edu to arrange for an appointment with a clinician. If you develop more serious signs and symptoms of illness, like chest pain, shortness of breath, severe persistent vomiting, dizziness or confusion, medical care should be sought out immediately.



Student Health and Counseling Services
Office of Critical Event Preparedness and Response