

Norris Health Center

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Action Steps to Prevent the Spread of Flu

1. Practice good hand hygiene.

Wash your hands often with soap and water, especially after coughing and sneezing. Alcohol-based hand cleaners are also effective.

2. Cover your mouth and nose with a tissue when you cough or sneeze.

If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.

3. Stay home or at your place of residence if you are sick.

Stay at home for at least 24 hours after you no longer have a fever or signs of a fever. This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen, acetaminophen or aspirin). A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit or 38 degrees Celsius.

Know the signs and symptoms of flu, which usually include a fever and a cough or sore throat. Staying away from others while sick can prevent others from getting sick, too. If ill, ask a roommate, friend, or family member to check up on you and to bring you food and supplies if needed.

4. Consider getting the seasonal influenza vaccine soon either through your healthcare provider or vaccine clinics on-campus.

If you are at higher risk for flu complications from 2009 H1N1 flu, you should consider getting the H1N1 vaccine when it becomes available. People at higher risk for 2009 H1N1 flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease or diabetes). For more information about priority groups for vaccination, visit www.cdc.gov/h1n1flu/vaccination/acip.htm

These health insights are from the UWM Norris Health Center, using information from the U.S. Centers for Disease Control and Prevention.

Watch for updates about H1N1 flu and seasonal flu – including the latest about vaccinations – at www.flu.uwm.edu

