

## Westfield State College FLU Fact Sheet

The Centers for Disease Control and Prevention (CDC) recommends 4 main ways you may keep from getting sick with the flu:

- 1. Wash Hands Often** - Wash your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- 2. Cover Your Mouth** - 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. Clean Often** - Frequently clean your living quarters.
- 4. Talk to Your Doctor** - Monitor your health by checking for fever and talk to your health care provider to find out if you should be vaccinated for seasonal flu and/or 2009 H1N1 flu.

**Still Sick? Stay Home** - Stay home or in your residence hall if:

- You are sick for at least 24 hours after you no longer have a fever (100 degrees Fahrenheit or 38 degrees Celsius); or
- You have signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating).

**Designate a Flu Buddy** - Staying away from others while sick can prevent others from getting sick, too. Ask a roommate, friend, or family member to check up on you (by phone) and to bring you food and supplies if needed.

*If flu conditions become MORE severe, students, faculty, and staff should consider the following steps:*

**Stay Home Longer** - Extend your rest period to at least 7 days, even if you feel better sooner. If you are still sick after 7 days, continue to stay home until at least 24 hours after your symptoms have completely gone away.

**Prepare to Work Remotely** - Notify your professor of your absence. If extended beyond three days, notify the Dean of Students Office.

### KEY CONTACTS & RESOURCES

Resource	Contact	Phone
Student Health Services	Patricia Berube, Director	413-572-5415
Student Affairs	Barry Maloney, Vice President	413-572-5400
Public Safety	Mike Nockunas, Director	413-572-5262
Dean of Students	Susan LaMontagne	413-572-5421
Academic Advising	Ojae Beale, Associate Dean, Academic Achievement	413-572-8801
Centers for Disease Control & Prevention (CDC)		<a href="http://www.cdc.gov/h1n1flu/vaccination">www.cdc.gov/h1n1flu/vaccination</a>