



**protect**  
yourself  
your friends  
your family  
our community  
**from flu.**

**TAKE CARE. BE WELL.**

Well-Woman Health Promotion  
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# 10 things you can do to stop the spread of flu.

1. Cover your cough and sneezes with a tissue, or cough and sneeze into your elbow. Throw out used tissues in the trash.
2. Wash! Wash! Wash your hands! Wash often with soap and water for 20 seconds (as long as it takes to sing the "Happy Birthday" song twice), especially after sneezing or coughing. If you can't get to a sink with soap, clean hands with 60% alcohol-based hand cleaner.
3. Avoid touching your eyes, nose, or mouth and sharing food and drinks. Germs spread this way.
4. Try to avoid close contact with sick people.
5. Students living together should frequently clean commonly used surfaces such as doorknobs, refrigerator handles, remote controls, and countertops.
6. If you are sick with flu-like symptoms stay home or in your room for at least 24 hours after there is no longer a fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Staying away from others while sick can prevent others from getting sick too. Ask a roommate or friend to check up on you and to bring you food and supplies if needed.
7. If you are at higher risk for flu complications (pregnant women, people who have chronic medical conditions such as asthma, diabetes, or heart disease, children under the age of 5 years and people age 65 years and older) you should immediately consult with your health care provider if you develop flu-like symptoms or have been in close contact with someone who has flu.
8. Immediately notify the appropriate person or department in the event that you or someone close to you has been diagnosed with influenza, so that the College can effectively monitor our community's situation and maintain emergency preparedness:  
Students: Call the Dean of Studies Office at x42024  
Faculty: Inform your department chair  
Staff: Inform your supervisor
9. Get vaccinated. The CDC recommends that all students get vaccinated for seasonal flu. The vaccine will be available to students through Barnard's Primary Care Health Service in the fall. Watch for more information about availability of the novel H1N1 vaccine.
10. Do your best to stay healthy—get plenty of sleep, drink lots of water, manage your stress and eat nutritious food.