

Flu season is approaching – take precautions

As we approach the start of the academic year we are anticipating a challenging 2009-10 flu season. You can be exposed to flu viruses almost anywhere and anytime, so it's a good time to remember the basics for preventing the spread of germs, including those that cause the regular seasonal flu and the Novel H1N1 (swine flu) virus.

Remember to take common sense measures to avoid transmission of the flu:

- Cover your nose and mouth with a tissue when you cough or sneeze
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Wash your hands often with soap and water or alcohol-based hand cleaners
- Avoid close contact with sick people.
- Avoid social gatherings if you are ill or if you have medical conditions that put you at risk for flu complications.
- Get your flu shot this fall!

Fresno State officials in the Department of Risk Management and Sustainability (DRMS) and the University Health and Psychological Services (Student Health Center) are monitoring the situation and will keep the campus community informed. To date, four students on campus during the summer were confirmed positive for H1N1 and there were three or four other probable cases. All were sent home, recovered and returned to work or school.

The Novel H1N1 viral symptoms are very similar to regular seasonal flu symptoms. They include fever, coughing, runny nose, sore throat, head and body aches, lack of appetite and lethargy. With H1N1 virus there may be additional gastrointestinal symptoms such as nausea, vomiting and diarrhea.

If you have flu symptoms, the Centers for Disease Control and Prevention recommend you stay home and contact your health care provider.

When the seasonal flu vaccine becomes available, it will be offered to students at the Student Health Center. Faculty and staff are urged to see their health care providers for seasonal flu vaccinations. As the H1N1 vaccination becomes available, Fresno State will partner with Fresno County Public Health Department to provide the vaccination to those in the highest risk groups.

For general questions on H1N1 flu, contact the Fresno County Department of Public Health Toll-Free Novel Influenza A H1N1 Virus Information Line at [1.888.993.3003](tel:18889933003).

For more information about the H1N1 virus, see Centers for Disease Control and Prevention - <http://www.cdc.gov/h1n1flu>