

TOURO COLLEGE



Swine Flu and YOU

A Guide to Keeping Yourself Healthy

DEPARTMENT OF EMERGENCY PREPAREDNESS

September 2009

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WHERE TO GET MORE INFORMATION

Please visit the following websites for updates on the H1N1 Virus (Swine Flu):

The Center for Disease Control www.cdc.gov

NYC Department of Health www.nyc.gov

General Flu Information www.pandemicflu.gov

This booklet gives you very important information about swine flu. It tells you:

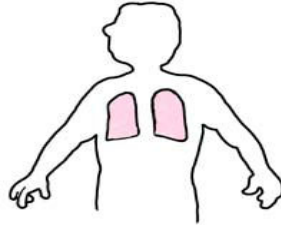
- What is H1N1 (Swine Flu)?
- How it spreads
- What health authorities have done to combat the flu virus
- What you can do to protect yourself and other people against flu
- What to do if you think you might have flu
- How you can keep up to date with the latest information

Please keep this booklet safe.

You may need it if a lot more people catch Swine Flu.

WHAT IS SWINE FLU?

Swine flu is an respiratory illness of the lungs.



It is called **swine flu** because it is a bit like an illness that pigs contract. At the moment health authorities do not think that swine flu is spreading among pigs.

Swine flu is caused by a virus. The swine flu virus is spreading among people.

WHAT IS A PANDEMIC FLU OUTBREAK?

A pandemic outbreak is when a large number of people worldwide contract a disease very quickly.

Everyone is at risk of catching swine flu. This means healthy adults as well as older people, young children and people with other illnesses.

The World Health Organization and the Center for Disease Control is monitoring the virus to determine the severity of our outbreak.

HOW DOES SWINE FLU SPREAD?

Flu is spread through the droplets that come out of your nose and mouth when you cough or sneeze.



- When you cough or sneeze, cover your nose and mouth with a tissue. If you don't, other people might breathe in the droplets and catch the flu.
- If you cough or sneeze into your hand it is easy to spread the virus from your hand onto things you touch.

After you have coughed or sneezed into a tissue, throw out the tissue and always wash your hands with soap and warm water. If water is not available, use a hand sanitizer. The most effective hand sanitizer is one that contains at least 62% alcohol.



The virus can live for quite a long time on hard things like:

- door handles
- computer keyboards
- mobile and ordinary phones
- TV remote controls.

If other people then touch these items the virus can get into their bodies and they can catch flu.

HOW WILL I KNOW IF I HAVE SWINE FLU?

The following are symptoms that indicate possible contraction of the flu. If you experience any of the following symptoms in unison, **STAY HOME**.

- Fever
- Cough
- Shortness of breath

Other symptoms include:

headache, sore throat, being tired, aching muscles, chills, sneezing, runny nose, and loss of appetite.

MEDICINES

There are antiviral medications available, and health authorities are making more to ensure adequate supplies. Contact your doctor for a prescription. Your doctor can call in a prescription to your pharmacist, and help you avoid spreading the virus to others.

These antivirals do **not** cure swine flu, but they help you get better if you take them within 2 days of getting flu symptoms.

The antivirals can:

- reduce some of the symptoms
- help you overcome the virus faster
- help prevent respiratory infection

IS THERE A VACCINE?

At the moment there is no vaccine against the Swine Flu virus, however health authorities expect to have a vaccine available by the end of October or early November. The regular seasonal flu vaccine is available. You should contact your physician or the list of pharmacies on the NYC Department of Health website, www.nyc.gov for dates and time vaccinations will occur.

WHAT CAN I DO TO PREVENT ME AND OTHER PEOPLE FROM GETTING FLU?

The best thing you can do to help stop yourself and others from contracting the flu is to be careful not to spread the virus.



REMEMBER: CATCH IT, THROW IT, KILL IT

When you cough or sneeze it is very important that you:

- always carry tissues with you



- use a clean tissue to cover your mouth and nose every time you cough or sneeze – **Catch it**



- throw out the tissue after one use – **Throw it**



- wash your hands often with soap and warm water or hand sanitizer – **Kill it.**



DO I NEED TO WEAR A FACE MASK?

You do not need to wear a face mask.

You may have seen people wearing face masks, but health authorities do not believe these masks prevent people from contracting flu.

WHAT ELSE CAN I DO?

Here are some suggestions to prepare you in case the swine flu outbreak becomes more severe.

Pick some flu friends

Flu friends are neighbors, friends and family who can help if you become ill. They can pick up medicines or food for you so that you do not have to leave home. This will help prevent the spread of the virus.

Keep up to date with the latest information

If swine flu spreads, you need to know what is happening so that you know what to do to help stop you and your family from getting flu.

As the flu season progresses, you should:

- watch TV
- listen to the radio
- check on the internet
- look out for information in the newspapers and
- follow the advice you are given by College officials

Do **not** go to your local hospital unless you are told to do so by your doctor, or you are seriously ill. You might spread the flu to other people.

TOURO COLLEGE POLICY FOR EMPLOYEES

1. Employees who have a fever of 100°F or higher should not attend class or come to work until they have been fever-free without the use of fever reducing medication for 24 hours (usually 7-10 days). **PLEASE** do not come to work if you are ill, that is, if you have fever and are exhibiting other flu-like symptoms.
2. If you are home as the result of fever and flu symptoms **PLEASE** notify the Director of Emergency Preparedness at **877-700-H1N1 (4161)**, so that we can monitor the situation within Touro College and keep the local Board of Health, to whom we'll be reporting, informed of the prevalence of H1N1 at the college. Please indicate the date you first exhibited symptoms and leave a telephone number where you can be reached.
3. Needless to say, employees who are running high fever and are quite ill with the flu should be seen by a physician and follow his/her guidance about treatment.
4. The Director of Emergency Preparedness may require an employee to present a doctor's note before attending classes or returning to work.
5. Custodial staff schedules have been modified for more frequent cleaning of high traffic areas with antibacterial cleaners. The College will have hand sanitizers available throughout the building.

6. Employees should wash their hands often with soap and warm water. If these are not available, employees should clean their hands with hand sanitizer.
7. Employees are discouraged from sharing personal items, like food and drink, to prevent spreading the virus.
8. Employees should display “respiratory etiquette” meaning - covering one’s mouth and nose with a tissue when one coughs or sneezes, or coughing or sneezing into one’s crooked-elbow if no tissue is available.
9. Failure to follow these steps may result in disciplinary action.

This booklet is to help you understand the facts about Swine Flu and what you can do to protect yourself, your coworkers, family and friends as recommended by the Centers for Disease Control and the NYC Department of Health. It should not be assumed that every acceptable procedure is included or that special circumstances may not warrant modified or additional procedures. You should be aware that variations in flu strains, changes in the efficacy of medicine and vaccines or regulations may impact the information provided herein. You should ensure that the information is current when used. More importantly, the information and advice published or made available in this booklet or otherwise through Touro College (on its website, etc.) is not intended to replace or avoid the need for the services of a physician, nor does it constitute a doctor-patient relationship. Information is provided for informational purposes only and is not a substitute for professional medical advice. Furthermore, it is not intended to diagnose or treat Swine Flu. Thus you should not use the information for diagnosing or treating H1N1 or any other medical or health condition. You should consult a physician in all matters relating to your health, and particularly with respect to any symptoms that may require diagnosis or medical attention. Any action on your part in response to the information provided is at your discretion. You should consult your own physician concerning the information provided herein and if you think you have contracted the virus, certainly contact your physician. Touro College makes no representations or warranties and disclaims any and all liabilities with respect to any information offered or provided in this booklet, on or through the Touro College website or otherwise, regarding treatment, action, or application of vaccines or medication.