

THE STALL SEAT JOURNAL

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Vol. MMIX No. 7

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Special Issue

IN THE NEWS: SWINE FLU

Symptoms of H1N1 (swine) flu are similar to seasonal influenza and include fever, cough, and sore throat. Some individuals also have had gastrointestinal symptoms such as nausea, vomiting and diarrhea.

If you have these symptoms, it is important that you remain home to avoid spreading the illness.



HOW TO STAY HEALTHY AND AVOID THE FLU

- **Wash your hands often** with soap and water or use alcohol-based hand cleaners. This is especially important after you cough or sneeze.
- **Avoid close contact** with people who are ill.
- **Avoid touching your eyes, nose and mouth** because this can spread germs.
- **Stay informed.** Here are some good sources for information: The Center for Disease Control [www.cdc.gov/swineflu]. The Virginia Department Health [www.vdh.state.va.us]. Or call the Virginia Department of Health Hot Line: ASK-VDH3 or (877) 275-8343.

Stop the spread of germs that make you and others sick!

Cover your Cough

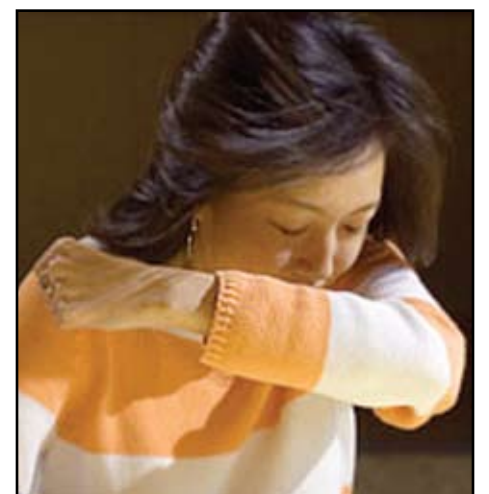


THE PROPER WAY TO WASH YOUR HANDS



WHAT TO DO WHEN YOU FEEL NOT SO GOOD

- **Stay home** if you have influenza-like illness (except to seek medical care).
- **Cover your mouth and nose** with tissues when you cough or sneeze. Then wash your hands.
- If you have no tissue and no immediate access to soap and water and you have to cough or sneeze, **cover your mouth and nose with your elbow.**

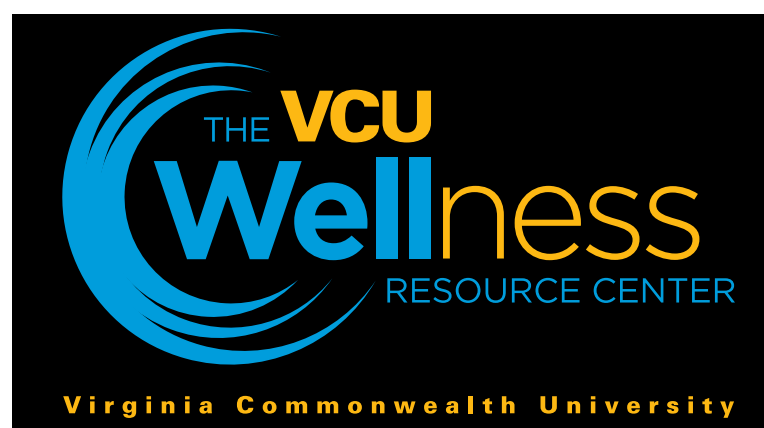
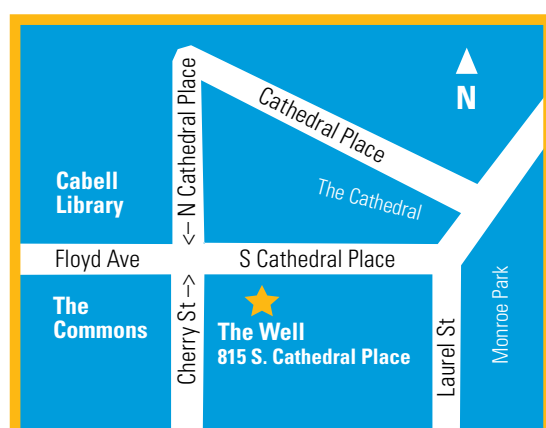


When you don't have a tissue, cough into your sleeve and elbow.

VCU alert

The swine flu outbreak that has been in the news lately has occurred in multiple states. Most cases are mild, although some people have required hospitalization.

For the most recent updates to swine flu news as it pertains to VCU, please check the VCU Alert on the homepage [www.vcu.edu/alert].



The Stall Seat Journal is published by The Well

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