

Take time to get a flu vaccine.

- CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal influenza.
- While there are many different flu viruses, the seasonal flu vaccine protects against the three seasonal viruses that research suggests will be most common.
- Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Seasonal flu vaccine is also important for health care workers, and other people who live with or care for high risk people to prevent giving the flu to those at high risk.
- A seasonal vaccine will not protect you against novel H1N1.

Visit the CDC website (<http://www.cdc.gov/h1n1flu/>) to find out what to do if you get sick with the flu or visit you Student Health Center.



John Jay Student Health Services

www.jjay.cuny.edu/health

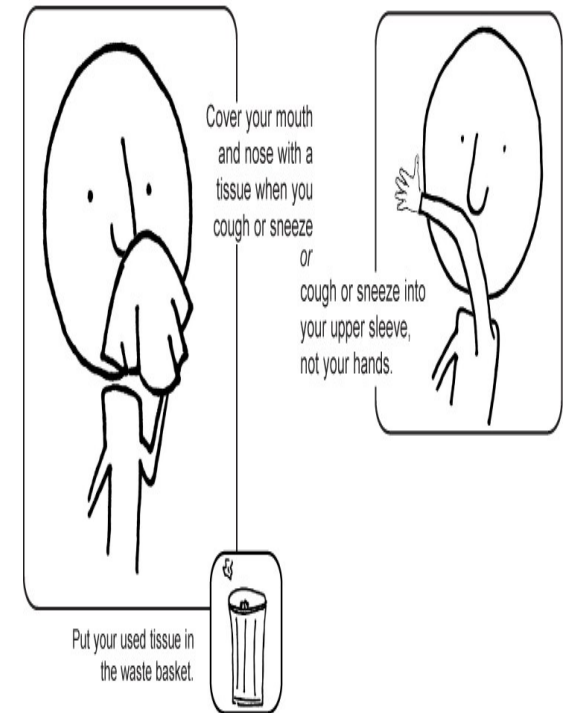
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JOHN JAY COLLEGE
THE CITY UNIVERSITY OF NEW YORK
OF CRIMINAL JUSTICE

Worried about H1N1 Flu? (Swine Flu)



What should you do.

John Jay Health Services

Take everyday preventive actions.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.*
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible. This is to keep from making others sick.
- While sick, limit contact with others to keep from infecting them.



What is H1N1 flu?

H1N1 flu ("swine flu") is caused by a virus similar to regular (seasonal) flu. The illness can cause fever, cough, sore throat, tiredness, aches, chills and stuffy nose. H1N1 flu spreads when a sick person coughs or sneezes. You can also get infected by touching something with flu viruses on it and then touching your own mouth or nose.

Symptoms of 2009 H1N1 flu

Symptoms of flu include fever or chills and cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting.

Recognizing a fever or signs of a fever

A fever is a temperature that is equal to or greater than 100 degrees Fahrenheit or 38 degrees Celsius when taken with a thermometer. Look for these possible signs of fever: if he or she feels very warm, has a flushed appearance, or is sweating or shivering.

H1N1 flu or seasonal flu

It will be very hard to tell if someone who is sick has 2009 H1N1 flu or seasonal flu. Symptoms of flu include fever or chills and cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting. Anyone who has the symptoms of flu-like illness should stay home and not go to work.

Fever-reducing medications students, faculty, and staff can take when sick

Fever-reducing medications are medicines that contain acetaminophen (such as Tylenol) or ibuprofen (such as Motrin). These medicines are given to people who are sick with flu to help bring their fever down and relieve their pain.

Who should receive a flu vaccination

It is recommended that groups at higher risk for complications should get the 2009 H1N1 flu vaccine when it first becomes available. These groups include:

- pregnant women,
- people who live with and care for children younger than 6 months of age,
- healthcare and emergency medical services personnel,
- people between the ages of 6 months and 24 years (this includes most students attending institutions of higher education), and people ages 25–64 years of age who have chronic health conditions (such as asthma, heart disease, or diabetes) or compromised immune systems.

Children 6 months through 18 years of age, people of any age with chronic medical conditions (such as asthma, heart disease, or diabetes), and everyone age 50 and older should be vaccinated against seasonal flu as early as possible.