



## HOW TO AVOID CATCHING THE FLU

### ***Keep Your Distance:***

Stay at least 3 feet away from others when talking.

### ***Cover Your Cough:***

Sneeze or cough into your sleeve or a tissue. Dispose of all tissues properly and do not re-use.

### ***Wash Your Hands:***

Use plenty of soap and water and rub hands together for at least 20 seconds.

Use alcohol based hand sanitizers.

### ***Stay Home if You Feel Ill:***

Don't infect others. Be kind to yourself and them.

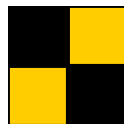
Use discretion in staying home when ill.

### ***Be Friendly, but Do NOT:***

Share personal items like tissues, handkerchiefs, food, drinks, or cigarettes.

## **SYMPTOMS OF H1N1**

- Fever over 100 degrees
- Cough or sore throat
- Headache
- Chills
- Body Aches
- Fatigue
- Diarrhea and vomiting (occasionally)



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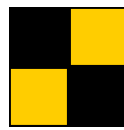
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# 2009 H1N1 INFLUENZA (SWINE FLU):

## Get Prepared Stay



**INFORMATION PROVIDED BY THE  
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# Is the 2009 H1N1 Flu a Pandemic and what is Pandemic Influenza?

A Pandemic is an outbreak of disease which occurs simultaneously around the world. An influenza pandemic may occur from the 2009 H1N1 influenza (swine flu) currently circulating. The H1N1 virus demonstrates an ability to cause serious illness among people between the ages of 6 to 26. The influenza (H1N1) is different than seasonal flu. Right now people could be at risk for developing the flu and there is no vaccine immediately available. A vaccine is still in development and is expected to be available by mid-October.

Since the 2009 H1N1 flu virus is new to humans it has the potential to cause serious disease and possible social disruption. Historically, influenza pandemics have occurred about 3 times a century. It is difficult to predict exactly when an influenza pandemic might occur or how severe it would be. For this reason, health officials are urging you to plan ahead and prepare for pandemic influenza today in order to have a safe tomorrow.



## HOW CAN I PREPARE?

### STAY INFORMED

Understanding what the 2009 H1N1 influenza is and how it could affect your family and business is the first step. Check the U.S. Government's 2009 H1N1 Influenza website regularly : [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) or call 1-800-CDC-INFO (1-800-232-4636).

### PREPARE YOUR PLAN

Whether it is your business or your home, it is very important that you develop and maintain a pandemic influenza preparedness plan. Here are a few ideas to help you begin:



#### Have a Family or Business Communication Plan

Make sure that everyone knows how to communicate with one another in the event of a pandemic. Do not rely only on cell phones. Check with your employer or school to see if they have a plan.

#### Store a 2 Week Supply of Essentials

Have enough food and water on hand to supply your home for 2 weeks. In the event of a pandemic, it may be difficult to get to the store, or stores may have run out of your needed item.

### Create a Kit

Make sure that you have basic supplies on hand. These include, but are not limited to: batteries, cleaning supplies, flashlights, a battery powered radio, a can opener, copies of your important personal information and documentation, some extra cash.

### Maintain your Prescriptions

Check your prescriptions regularly to make sure that you have enough. Also don't forget to keep your nonprescription medications, such as pain relievers, cough and cold medicines and hydrating drinks, current and close at hand.

### Be Prepared to Take Care of The Ill

In the event of an influenza pandemic, regular people might need to take care of others in their own area. Learn in advance what this might entail and have the appropriate supplies on hand. For more information please see the Red Cross' Home Care Pandemic Flu Flyer: <http://www.redcrossstl.org/>

**For further information, contact:  
The Grambling State University  
Foster Johnson Health Center at  
(318) 247-3811.**