**Spread the Word…Not the Flu**

**Seasonal Flu**

With all the talk of deadly diseases we tend to forget that influenza viruses are still causing illness and up to 36,000 deaths per year. CDC encourages everyone after the age of 6 months to receive an annual Flu vaccination. The main way that all influenza viruses spread is from person to person in respiratory droplets of coughs and sneezes, and when a person touches respiratory droplets on another person or an object and then touches their mouth or nose before washing their hands. Barry’s Student Health Services advises students, faculty and staff to take the precautions outlined below to help themselves and others stay healthy.

**What Can You Do?**

**Prevention:** To reduce your chance of getting ill, **Get vaccinated**, and always wash your hands before you eat and avoid touching your eyes, nose or mouth. You can wash your hands with soap and water or use alcohol-based hand sanitizers. If you recognize that others are sick, limit your exposure to them when possible.

**Symptoms:** If you become ill with flu-like symptoms, including fever, cough, sore throat, body aches, runny nose, nausea, or vomiting or diarrhea, contact your health care provider, who will determine whether flu testing or treatment is needed.

**If you are ill:** Stay home, until you have been without a fever of 100.5 or higher without the use of any fever reducers such as aspirin, Acetaminophen or Advil for 24 hours. Even after the fever subsides practice good habits and avoid contact with other people through social distancing. Avoid social gatherings as much as possible to keep from spreading your illness to others. When coughing or sneezing, cover your nose and mouth with a tissue and then throw the tissue away. If you do not have a tissue, cough or sneeze into your sleeve or elbow, not your hands.

**High-risk groups:** People at high risk for complications of the seasonal flu, include those with the following conditions: Chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, hematological (including sickle cell disease), neurologic, neuromuscular, or metabolic disorders (including diabetes mellitus). Pregnant women also are at high risk for complications. Anyone in those high-risk groups should contact their health care provider if they exhibit flu-like symptoms.

**Students,** please contact your professor’s and work-study supervisors via email upon onset of symptoms with fever via email. Students can contact The Student Health Services office at 305 899-3750 if they have questions. Notices of communicable diseases will only be provided to students seen in the Student Health Center for treatment. They can also visit the Student Health Services web site, [www.barry.edu/healthservices](http://www.barry.edu/healthservices).

**Employees,** please contact your supervisor upon onset of fever with symptoms. For severe symptoms contact your health care provider.

***Do not come to class or work if you have fever of 100.5F or higher. The Flu is highly contagious.***

For more information on seasonal flu visit [www.flu.gov](http://www.flu.gov)or, the Centers for Disease Control and Prevention Web site at [www.cdc.gov/flu/](http://www.cdc.gov/flu/) .

**Florida Department of Health Flu Information link:**[**http://www.myflusafety.com/**](http://www.myflusafety.com/)