

Staying Healthy

People with the flu are contagious for up to seven days or longer after the onset of the illness so it's important to take the following steps:

- **Wash your hands** very often throughout the day with warm water and soap. If you cough or sneeze into your hands, **wash your hands** immediately.
- Avoid touching your eyes, nose or mouth.
- Have children **wash their hands** when returning from school or playing with others.
- Wipe community surfaces such as door handles and phones with disinfectant wipes.
- Avoid close contact with people who are exhibiting cold or flu symptoms.
- Stay healthy by eating a balanced diet, drinking plenty of water and getting plenty of sleep.

WASH YOUR HANDS!

What about vaccinations?

The CDC is preparing for an H1N1 vaccination campaign. Every effort is being made to have a safe and effective H1N1 vaccine available for distribution in October, but it is possible, even probable, that epidemics may begin in different parts of the country before then. This makes prevention even more critical.

Students and employees are also strongly encouraged to get a regular flu shot as well as the H1N1 vaccinations. A regular flu shot will not prevent H1N1; however, it will assist in controlling illness in general and may prevent complications due to a compromised immune system.

Who will be recommended as priority groups to receive the novel H1N1 vaccine?

Based on what the CDC knows now about the H1N1 virus, the most vulnerable groups that are being affected most by this virus and those most likely to encounter it are younger people, pregnant women, healthcare personnel, and people who have underlying health conditions.

On July 29, 2009, the Advisory Committee on Immunization Practices (ACIP)—an advisory committee to CDC—recommended that novel H1N1 flu vaccine be made available first to the following groups:

- Pregnant women
- Health care & emergency medical workers
- People caring for infants under 6 months of age
- Children & young adults from 6 months to 24 years
- People aged 25 to 64 years with underlying medical conditions