



April 27, 2009

In the wake of the recent Swine Flu outbreak, Saint Augustine's College strongly recommends that students and staff take the following precautions:

Practice general hygiene regularly

Wash hands frequently, preferably after contact with others

To ensure proper sanitation, recite the alphabet while washing hands with soap and water. Wash vigorously and work up a lather!

Paper towels, rather than cloth, are preferable to drying hands after washing.

Turn off the water with your paper towel.

Avoid close contact with people who are sick.

*At the first sign of illness, please call or report to the Student Health Center (919.516.4142).

*Influenza Symptoms include:

Fever

Headache

Tiredness

Cough

Sore Throat

Runny or stuffy nose

Body aches

Diarrhea and vomiting

Additional habits that can prevent the spread of germs include:

Staying at home when you are sick; covering your mouth and nose when sneezing or coughing; not touching your eyes, nose, and mouth; getting plenty of sleep; being physically active; managing your stress; drinking plenty of fluids; and, eating nutritious food.