

In the wake of the recent H1N1 outbreak, Saint Augustine's College strongly recommends that students and staff take the following actions to maintain health and wellbeing.

**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 cleaners are also effective.
- Avoid close contact with people who are sick.
- Get your free H1N1 vaccine when it becomes available on campus.
- If you are pregnant, taking cancer chemotherapy, are HIV positive or have any condition affecting your immune system, please notify Gordon Student Health Services @ 516-4142 for important information.

**Typical influenza symptoms include, but are not limited to:**

- Fever greater than 100 degrees Fahrenheit.
- Cough
- Sore throat
- Body aches

**What to do if I think I have the flu:**

- Stay in your residence hall room or at home.
- Call Gordon Student Health **FIRST** for important information at 919-516-4142. (Please do **NOT** visit the health center until you are instructed to by the nurse.)
- If after business hours, please contact your residence hall director.
- While sick, maintain phone contact with your residence hall director.