

H1N1 Information for Residential Students

The Lehman College Student Health Center will be sending you emails as necessary to keep you informed and educated about the Novel H1N1 influenza and the regular seasonal influenza. We are working closely with CUNY and the New York City Department of Health to monitor flu conditions and make decisions about the best steps to take concerning our institution. We will keep you updated with new information as it becomes available to us.

We all need to work together to prevent the spread of flu at Lehman, especially this year. Here are a few things you can do to help:

- **Practice good hand hygiene** by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective. Although most flu germs are spread via airborne droplets, H1 N1 is able to survive on surfaces. Therefore, wash your hands regularly.
- **Practice respiratory etiquette** by covering your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands. Avoid touching your eyes, nose, or mouth; germs are spread this way.
- **Know the signs and symptoms of the flu.** Be aware of possible signs of fever like feeling very warm, being flushed in appearance, and sweating or shivering. A fever is considered to be a temperature taken with a thermometer that is equal to or greater than 100 degrees. Coughing, nasal congestion and sore throat are also common symptoms.
- **Do not go to class or work if you have flu or flu-like illness** (see symptoms listed above). Rest, take plenty of fluids and take a Tylenol-type or a Motrin-type fever-reducer. Do not take aspirin.
- **Isolate yourself in your dorm room as much as possible.** Designate a buddy to assist you in getting what you need i.e., meals, laundry etc. Try to designate a bathroom to be used exclusively by sick students. Wear a mask when in common areas.
- **You may return to school or work after you no longer have a fever for at least 24 hours.** Your temperature should be determined without the use of medication to reduce fever. A doctor's clearance note is NOT needed.
- **Approximately, 300-400 doses of free seasonal flu vaccine for students will be available at the Health Center late October/early November.** You will receive notice via email, flyers etc. when it arrives.

- **H1N1 vaccine will not be available at the Health Center.** Consult your physician if you fit one of the groups who are high priority to receive the H1 N1 vaccine:
 - Pregnant women
 - Caregiver for children under 6 months of age
 - Healthcare personnel
 - Persons 25-64 who have health conditions associated with a higher risk of medical complications from influenza (such as asthma, heart disease, or diabetes).

For information regarding H1N1 vaccine locations, call 311 or visit nyc.gov/flu.

- **Go to the emergency room** if you have difficulty breathing, chest pain or very high fever (over 102 degrees).

For the most up-to-date information on flu, visit www.flu.gov, or call 1-800-CDC-INFO (232-4636). We will notify you by e-mail or the Health Center's web site of any additional changes to our institution's strategy to prevent the spread of flu on our campus.

Cindy Kreisberg, RPAC, Director

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