

THE POWER OF

FLU PREVENTION



HOW GERMS ARE SPREAD

The flu (influenza) is caused by viruses that infect the nose, throat, and lungs. The flu and colds usually spread from person to person when an infected person coughs or sneezes.

HOW TO HELP STOP THE SPREAD OF GERMS

Cover your mouth and nose when you sneeze or cough
Cough or sneeze into a tissue and then throw it away. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

CLEAN YOUR HANDS OFTEN

When available, wash your hands -- with soap and warm water -- then rub your hands vigorously together and scrub all surfaces. Wash for 15 to 20 seconds. It is the soap combined with the scrubbing action that helps dislodge and remove germs. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using a gel, rub the gel in your hands until they are dry. The gel doesn't need water to work; the alcohol in the gel kills germs that cause colds and the flu.

AVOID TOUCHING YOUR EYES, NOSE OR MOUTH

Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks, and tables.

FOR MORE INFORMATION VISIT:

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FLU SYMPTOMS



The flu (influenza) is caused by viruses that infect the nose, throat, and lungs. The flu and colds usually spread from person to person when an infected person coughs or sneezes. Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks, and tables.

HOW DO I KNOW IF I HAVE THE FLU?

Common symptoms of the flu include:

- fever (usually high)
- headache
- extreme tiredness
- cough
- sore throat
- runny or stuffy nose
- muscle aches, and
- nausea, vomiting, and diarrhea, (much more common among children than adults).

If you think you may have the flu:

Stay home when you are sick and check with a health care provider. Call before going to a doctor's office. Remember, keeping your distance from others may protect them from getting sick.

When you are sick or have flu symptoms, stay home, get plenty of rest, and check with a health care provider as needed.

Not all respiratory illnesses are the flu. A lab test is required to confirm the disease.

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WASH YOUR HANDS OFTEN

Keeping your hands clean is one of the best ways to keep from getting sick and spreading illnesses. Cleaning your hands gets rid of germs you pick up from other people, from surfaces you touch, and from animals you come in contact with.

WHEN TO WASH

- Before eating.
- Before, during, and after handling or preparing food.
- After contact with blood or bodily fluids, including saliva and nasal secretions.
- After changing a diaper.
- After you use the bathroom.
- After handling animals, their toys, leashes, or waste.
- After touching something that could be contaminated (such as a trash can, cleaning cloth, drain, or soil).
- Before dressing a wound, giving medicine, or inserting contact lenses.
- More often when someone in your home is sick.
- Whenever they look dirty.

HOW TO WASH

- Wet your hands and apply liquid, bar, or powder soap.
- Rub hands together vigorously to make a lather and scrub all surfaces.
- Continue for 20 seconds! It takes that long for the soap and scrubbing action to dislodge and remove stubborn germs. Need a timer? Imagine singing “Happy Birthday” all the way through – twice!
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer.
- If possible, use your paper towel to turn off the faucet.
- Remember: If soap and water are not available, use an alcohol based wipe or hand gel!

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