

FLU & You

The flu spreads mainly from person to person through coughing or sneezing by infected people.

Symptoms include:

- Fever
- Sore Throat
- Headaches
- Fatigue
- Cough
- Body Aches
- Chills

*Persons begin to have symptoms about 3 to 4 days after they were exposed to the virus. If cases of the flu have been identified in this area and you become sick, **CALL** Student Health Services @ 724-223-6047. Avoid going to the emergency room unless you are having symptoms of respiratory distress or difficulty breathing. If you have the flu, you should not go to school or work.*

There are a few precautions that you can take to protect yourself:

- First and most important: **WASH YOUR HANDS!** Use soap and water to wash for 15 and 20 seconds (the length of the Alphabet Song). The alcohol-based hand cleaners are also effective if you don't have access to soap and water.
- Avoid touching your eyes, nose and mouth. Germs are spread that way.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after use and then wash your hands.
- Try to avoid contact with sick people. Persons with the flu are able to infect others beginning day one before the symptoms develop and up to 7 or more days while sick. They should be symptom free for one day before returning to school or work.

PREVENT ILLNESS BY WASHING YOUR HANDS!

1 Wet your hands

2 Apply soap

3 Lather & scrub (20 secs)

4 Rinse (10 secs)

5 Turn off tap

6 Dry your hands

7 Open door with paper towel

DON'T FORGET TO WASH:

- between your fingers
- under your nails
- tops of your hands

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