

Do you have it?

Symptoms you may have the swine flu:

- Fever
- Cough
- Sore Throat
- Chills
- Fatigue
- Body aches
- Headache
- Runny/ Stuffy nose
- Possible vomiting or headache

Looking for more information about the flu?

- www.health.geneseo.edu
- www.cdc.gov/h1n1flu
- www.who.int/csr/disease/swineflu/en/index.htm
- www.health.state.ny.us
- www.flu.gov

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The Flu Issue

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Tips for a flu free fall

- Wash your hands & use hand sanitizer!
- Stay at home when you aren't feeling well.
- Coughs & sneezes spread diseases! Do so into your elbow.
- Clean, clean, clean. Viruses can live on hard surfaces for 2 days, but up to 12 days in clothing!
- Stay hydrated & eat healthy foods!
- Get 7-9 hours of sleep
- Exercise

H1N1 Vaccine News

- Expected to be available early to mid October
- Side effects are expected to be rare, & if they occur, they are expected to be similar to the effects of the seasonal flu vaccine.
- People with a severe allergy to chicken eggs should not be vaccinated.
- H1N1 & seasonal flu vaccines can be administered at the same time

H1N1 Myths vs. Facts

MYTH: If you get H1N1, you will probably die

FACT: Majority of cases have been handled without needing medical treatment.

MYTH: You're protected if you had the flu shot

FACT: The seasonal flu shot is not expected to protect against H1N1.

MYTH: Only children & the elderly are at risk for H1N1

FACT: The majority of cases infect those 25-49.

MYTH: It is not safe to eat pork

FACT: It is safe! Yum, bacon.

MYTH: You can only get H1N1 from someone showing symptoms

FACT: People can be contagious 2-3 days before symptoms occur

If you think you have the flu:

- ✦ Contact Health and Counseling at 585-245-5736
- ✦ Stay home– skip class!
- ✦ Talk to your RA about living arrangements while sick

If you could see the germs, you'd wash your hands



