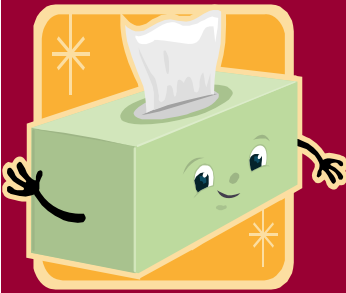


October 2, 2009



NORTH DAKOTA STATE UNIVERSITY

Safety News

Staying Healthy

Cold and flu season is upon us again, and with it comes an increase in awareness and a pro-active approach toward prevention

NDSU would like to take this opportunity to pass on a few reminders, tips, and information to the University community. Much of the following information can be found online through the Center for Disease Control and Prevention (CDC), and we encourage you to check out the material that is provided: <http://www.cdc.gov/h1n1flu/qa.htm>.

The influenza virus is mainly spread from person to person by respiratory droplets from coughing or sneezing. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth, eyes or nose.

It is imperative that we all remember to wash our hands frequently, for at least 20 seconds, with soap and warm water. If soap and water are not available, you may use an alcohol based hand sanitizer.

Always remember to cover your mouth and nose with a tissue when sneezing or coughing. In cases where

you are unable, or do not have access to a tissue, it is okay to sneeze or cough into your sleeve. Remember when you use a tissue to discard it immediately and then wash your hands.

Avoid touching your eyes, nose or mouth, as this results in the spread of germs.

Be prepared in case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, alcohol based hand rubs, tissues and other related items could help you to avoid the need to make trips out in public while you are sick and contagious.

It is important to keep surfaces (especially bedside tables, surfaces in the bathroom, doorknobs, faucets, kitchen counters and toys for children) clean by wiping them down with a household disinfectant according to directions on the product label. According to the CDC website, studies have shown that influenza virus can survive on environmental surfaces and can infect a person for 2 to 8 hours after being

deposited on the surface. So again, wiping down those surfaces and touch points will help with your prevention practices.

Remember to stay at least 6 feet away from anyone you suspect is ill, and remember to eat a balanced diet, drink plenty of water, exercise and get plenty of rest.

If you do become ill with flu-like illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone without the use of a fever-reducing medication. You should keep away from others as much as possible to reduce the spread of illness. Avoid normal activities, including work, school, travel, shopping, social events, and public gatherings.

Finally, if you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed.

Baseline Safety Training:

- *October 20, 2009, FLC Room of Nations 9:00 AM*
- *October 21, 2009, Memorial Union Hidatsa Room 3:00 PM*
- *November 24, 2009, FLC Room of Nations 9:00 AM*
- *November 25, 2009, FLC Room of Nations 3:00 PM*

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