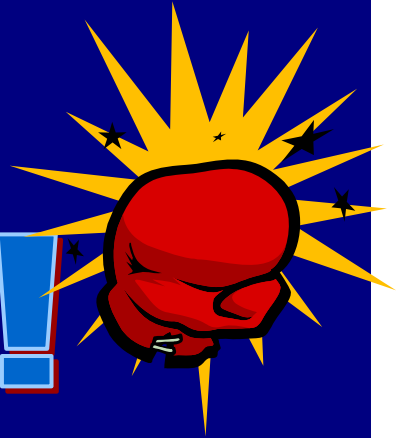


The Ashe Center

Be a Bruin Flu Fighter!



Use this information to help fight Seasonal & H1N1 Flu this season!

CREATE YOUR OWN FLU PACK...include the following items:

- Acetaminophen (Tylenol)
- Paper or electronic Thermometer (not mercury thermometers)
- Hand gel
- Disposable tissues (to cough & sneeze into)
- Small packs of pre-moistened towels (to wipe multi-user surfaces)

Also, make sure to speak to your professors about alternative arrangements for completing assignments should you get sick.

PRACTICE PREVENTION...responsible respiratory hygiene is key:

- Get your Seasonal Flu shot and the H1N1 vaccine, when available
- Wash your hands often
- Sneeze or cough into your sleeve
- Cover your nose & mouth with a tissue when you cough or sneeze
- Dispose of used tissues promptly
- Avoid touching your eyes, nose, or mouth –germs spread that way!
- Keep your hands to yourself & avoid close contact with others
- Get plenty of sleep & eat balanced meals

SYMPTOMS OF H1N1...may include some or all of the following:

- Fever over 100°F
- Cough
- Sore throat
- Runny or stuffy nose
- Headache
- Chills
- Fatigue
- Vomiting/diarrhea

IF YOU SUSPECT THAT YOU HAVE CONTRACTED THE H1N1 VIRUS...

please isolate yourself from others, do not go to class or social events, & contact your professors by phone or email if you need to miss class.

The Ashe Center is here for you; visit our website at www.studenthealth.ucla.edu or call us at (310) 825-4073 to learn more about Seasonal & H1N1 Flu.

