Programming ideas
- Organize an “assemble your health kit” bulletin board or event.
- Have a hall contest to see which floor can get the most students vaccinated against seasonal flu. (Watch for notices regarding flu vaccine clinics.)
- Dedicate a night to really clean/sanitize rooms on your floor. Make it fun. Play music; provide food and awards for the “healthiest rooms,” “best prevention strategy,” etc.

Signs of influenza
Sudden onset of symptoms:
• fever
• cough
• sore throat
• fatigue
• body aches
* sometimes vomiting and diarrhea

If someone gets the flu
• Students should call Gannett (255-5155) 24/7 for consultation and treatment recommendations.
• Campus Life, professors, coaches, friends, and family members all may be valuable sources of help and support. Students should contact their college advising office for assistance managing academic concerns.
• People with flu-like illness should stay home and recover. They should keep 6 feet away from others, and stay out of work, classes, and social events until fever-free for at least 24 hours—without the use of fever reducing medicine. (Residual cough is not considered reason for continuing to stay out of circulation.)
• Obtain contact information, including cell phone numbers, for any ill students, so key staff (dining, health services, etc.) can provide support.
• Check to see if ill residents have supplies to manage symptoms (see “health kit items”). If supplies are needed, alert your supervisor.

Further information
• Important campus flu updates are posted at: www.cornell.edu/emergency flu
• Questions about flu at Cornell can be directed to flu-info@cornell.edu
• Gannett posters, fact sheets, and other information about H1N1, flu prevention, vaccines, treatment are available at www.gannett.cornell.edu
• General flu questions: Call the NY State Flu Hotline: 800-808-1987

Health kit items
Every student is encouraged to have a health kit containing: A digital thermometer; acetaminophen (not aspirin); decongestant; cough drops; tissues; electrolyte drinks.

You have a key role in setting the tone and shaping a sense of community within your living area. This means you are also well-positioned to help reduce the spread of flu at Cornell.

As you encourage new residents to swap cell numbers, email addresses, and other personal information, please provide them with the supplies, structure, expectations, and support necessary to prevent infection.

What’s new about the flu
- The new H1N1 “swine” flu that arrived in the US last semester is still around and it’s likely to continue to spread on campus as it is elsewhere.
- So far, symptoms related to the new flu have been relatively mild, but it’s important to stay on the defensive because viruses evolve and H1N1 could become more severe.
- We are anticipating a “double-whammy” of flu this year—H1N1 as well as seasonal flu—so preparation and active prevention are especially important as you establish protocols for your floor.
- Currently, flu vaccine is available for seasonal flu, but not for H1N1.

Set the stage for health
- Be a role model. Minimize your own risk of exposure to germs by maintaining good hygiene and other risk reduction.
- Post Gannett’s hand-washing signs in all restrooms. Be sure there is soap. Make it a practice to have hand sanitizer available in all common areas.
- Display other Gannett posters (flu prevention, vaccination, self-care, treatment) in restrooms and bulletin boards.
- Be a resource. Learn how flu is transmitted and the signs of infection. Know whom to call for help.
- Emphasize the importance of residents registering local phone numbers and addresses in “Who I Am” and registering emergency contact information online: http://www.epr.cornell.edu

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