

# LEHIGH UNIVERSITY

## Environmental Health and Safety

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### Avoiding the H1N1 FLU (Swine Flu)

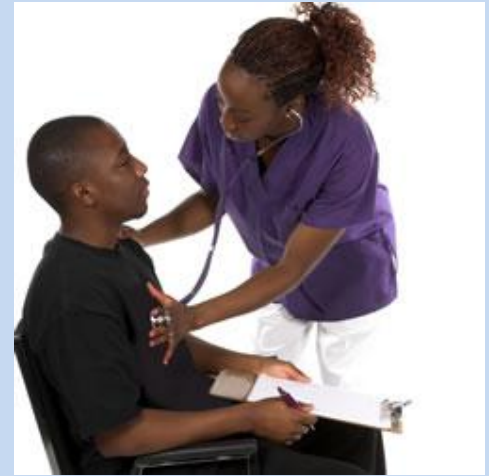
As you may have seen in recent news coverage, the H1N1 Flu (Swine Flu) has been reported in several states in the United States. There are steps you can take to reduce the transmission of the H1N1 Flu. The following guidelines should be followed to help minimize the spread of this airborne illness.



If you feel the urge to sneeze, sneeze into the crook of your arm. This contains the sneeze and prevents contaminating your hands. Doing this also helps to protect other people.



Wash your hands thoroughly and often. Washing after bathroom breaks, prior to eating, and occasionally throughout the day will help keep you healthy.



If you feel ill, are very tired, and/or have a fever, then visit your doctor's office as soon as possible. If it is determined that you have the flu, the doctor will be able to provide you with proper medication.



Get plenty of rest. If you get sick, do not go to class or work as you may infect other people. Avoid contact with other people if you feel ill.



Clean items such as telephones, door handles, computer keyboards, and refrigerator handles with disinfectant frequently.



If you think you have the flu, do not go out in public. If you are a student, call the University Health Center at 610-758-3870, as soon as possible and follow their instructions.