

H1N1 VIRUS — SWINE FLU

In an effort to mitigate the very real threat of the Swine Flu pandemic, here are...

5 things you MUST KNOW:

- Whitman's effort is aimed at optimal health and continued operation of our campus.
- This effort requires you to be knowledgeable and take responsibility.
- If there is an outbreak, you may be asked to temporarily alter your activities.
- If you are sick, you will be isolated to help prevent spreading the virus.
- Being mindful and cautious is essential, but panicking will not help.

5 things you MUST DO:

- Wash your hands frequently, especially after blowing your nose
- Cover your coughs and sneezes with your arm, not hands
- Go to the health center if you have flu symptoms of high fever and cough
- Take seriously the information being provided to you and follow instructions.
- If your friends have symptoms, tell them to go to the health center.

Questions? Want to know more?

Ask your RA or the health center staff or visit www.whitman.edu/content/emergency/pandemic/swineflu

SWINE FLU

Symptoms to watch for
What to do — prevention and treatment

Symptoms can include:

- High fever
- Sore throat
- Coughing
- Nausea, vomiting
- Runny nose
- Lethargy, lack of appetite
- Diarrhea
- Loss of consciousness

What do to for prevention:

- Wash hands frequently
- Cough into sleeve
- Use hand-sanitizer
- Get a vaccine, available in October

What to do for treatment if you have symptoms,

- Go to the health center, immediately

Questions? Want to know more?

Ask your RA or the health center staff or visit www.whitman.edu/content/emergency/pandemic/swineflu

CHECK IT OUT!

With your cooperation, we're hoping that there will be

NO SWINE FLU HERE

Note all instructions

Observe and follow guidelines

Sneeze into your arm

Wash your hands often

Isolate yourself if you have symptoms;
go to the health center

Nurses can help you

Emergency protocols may be needed if it spreads

Face the threat but don't panic

Limit traveling to infected areas

Use hand sanitizer

Help by getting friends to go to the health center

Engage your critical thinking about contagious diseases

Recognize your responsibilities

Ending the spread takes cooperation

Whitman cannot promise that our campus will remain virus free. However, we can promise that we will do all we can to mitigate this public health threat. Your cooperation — following guidelines and taking personal responsibility — will go a long way in this effort.

Questions? Want to know more?

Ask your RA or the health center staff or visit www.whitman.edu/content/emergency/pandemic/swineflu

HEY WHITMAN STUDENTS!

With your cooperation, we're hoping to

LIMIT SWINE FLU SPREAD

Listen to your RA and student life staff

Influence others to know what's going on

Make sure you follow guidelines

It incubates for one day prior to symptoms

Take precautions

Sneeze into your arm

Wash your hands often

Isolate yourself if you have symptoms;
go to the health center

Nurses can help you

Emergency protocols may be needed if it spreads

Face the threat but don't panic

Limit traveling to infected areas

Use hand sanitizer

Spread the information, not the virus

Possibility of social distancing exists

Read e-mails the college sends you on the subject

Expect to receive regular updates and information

Absences in class are better than spreading the virus

Doubling the threat won't help; dealing with it will

Questions? Want to know more?

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