



Is This How You Feel?

TEXAS COLLEGE

OFFICE OF STUDENT AFFAIRS

“URGES STUDENTS TO FIGHT THE FLU”

According to Secretary Kathleen Sibelius of Health and Human Services, “College-age students are more vulnerable to Swine Flu than to regular winter flu because they don’t always see doctors or get regular vaccinations. The respiratory virus is expected to gain strength this fall.”

Protect Yourself and Others:

- *Wash your hands often.*
- *Washing hands with soap and water is best. Wash long enough to sing the “Happy Birthday” song twice. Or, use gels or wipes with alcohol in them.*
- *Cover your mouth and nose when you cough or sneeze. Use a tissue, if one is handy. Throw it away immediately after use. Otherwise, use your upper sleeve.*
- *Avoid touching your eyes, nose or mouth.*
- *Germs are often spread when a person touches something that is covered with germs and then touches his or her eyes, nose or mouth.*
- *Avoid kissing, sharing eating/drinking utensils and singing in someone’s face.*
- *Stay home if you’re sick for at least 72 hours after having a fever of 100 degrees Fahrenheit.*
- *Should you develop the Swine Flu, you must remain confined for seven days and fever free for 72 hours.*

Symptoms Of The Swine Flu

Fever over 100 degrees Fahrenheit Cough Sore Throat Headache Body Aches
 Chills Unusual Fatigue Runny/Stuffy Nose Vomiting Diarrhea

Nurse Location: Willie L. Glass Building 1st Floor Clinic
Hours: Mon. – Fri. 9am -4pm