



## Prepare Now for the Flu Season

The change in seasons is always a good time to remind ourselves how important it is to stay healthy and how to recognize the signs and symptoms of the flu. **We would like to remind everyone to please delay your visit if you are not feeling well.**

Germs spread quickly in communities like ours and the Flu virus can live up to 24 hours on surfaces. In addition, if anyone on campus does come down with the flu, visitors who are unvaccinated will be required to wear a mask.

### **Key Flu Facts:**

- The flu is a contagious respiratory illness caused by the influenza virus. It infects the nose, throat and lungs. In some people it causes mild symptoms, while others experience severe illness.
- The flu spreads through droplets when an infected person coughs, sneezes or talks. The droplets then land in your mouth or nose and can lead to the flu.
- You can pass the virus to people around you before you even know you are sick and while you are sick. Most healthy adults can infect people a day before they start feeling the symptoms and up to 5-7 days after becoming sick.

### ***Symptoms include:***

- Sudden onset of fever (though some people with positive flu swabs occasionally do not have a temp)
- Cough
- Sore throat
- Runny nose
- Muscle aches
- Headache
- Fatigue

The flu can lead to other illnesses, such as bacterial pneumonia, ear infections, and sinus infections.

## **The Flu Vaccine**

Your best protection against the flu is to get vaccinated, in addition to practicing good hand hygiene (no gloves; wash frequently). ***If you are not vaccinated, a mask must be worn if we see flu activity in our buildings.***

- The Flu vaccine protects against three strains of the flu: influenza A, HINI, and influenza B. It takes two weeks from the time you are vaccinated for you to build up antibodies that protect against the flu.
- The flu vaccine does not protect against infection or illness caused by other viruses that can cause flu-like symptoms such as the norovirus or “GI” Bug.