

Help make CU-Boulder a



Seasonal Flu Prevention

The following health habits go a long way toward helping prevent the spread of seasonal flu and are also effective for the prevention of avian flu.

Get a seasonal flu shot.

There is no vaccination for the avian flu at this time. However, though the seasonal flu shot does not protect against the avian flu, the vaccination will give you protection from contracting the seasonal flu, which could weaken your immune system, making you more prone to becoming ill from the deadlier avian strain. Visit www.pandemicflu.gov/plan/tab3.html for more information.

Clean your hands with soap and water.

Washing your hands often will help protect you from germs. When washing, think about the song "Twinkle, Twinkle Little Star" to know how long to wash. Turn off the faucet with a paper towel, open the door with the paper towel, and then dispose of the paper towel so you are not touching contaminated surfaces.

Use a gel hand sanitizer.

You can use a gel hand sanitizer to cleanse your hands when there is no visible dirt. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. The gel hand sanitizer can help eliminate the germs.

Practice good respiratory etiquette.

Use a tissue when you cough or sneeze. Make sure others around you use tissues properly and dispose of them in the trash can.

Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too.

Information current as of 8/1/2006.

Visit www.colorado.edu/safety/pandemicflu for the most current flu prevention information.