Preventing for Flu Season, and the Ebola Virus

With the recent influx of media attention covering the Ebola virus, it seems that we may have forgotten that flu season has arrived. As we gain a better understanding of the actual threat that the Ebola virus poses on the American public, we must realize that the flu virus has posed far greater risk. In fact, the Center for Disease Control (CDC) estimates that between 1977 and 2007 as many as 49,000 people in the U.S. died as a result of the flu virus. In comparison deaths resulting from the Ebola virus, contracted in the United States, is currently zero.

In a letter dated October 28, the Chancellor’s office assures our community that they are closely monitoring the Centers for Disease Control and Prevention’s (CDC) information on the Ebola virus and are working with our campuses, Student Health Services Directors, and staff at the Chancellor’s Office to safeguard the health and safety of our students, our employees and our campus communities. For additional information, click HERE.

According to the Center for Disease Control (CDC), flu activity most commonly peaks in the U.S. between December and February but can begin as early as October and continue into May. Here are a few reminders on how to prevent the flu:

• Get vaccinated. Recommended annually for everyone 6 months of age and older, this is the single best way to prevent seasonal flu.

• Practice other good health habits. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

• Get plenty of sleep. A lack of sleep makes us more prone to catching colds and the flu. Give your immune system to best chance to fight potential illness, be sure to get your zzz’s.

Important reminders to stop the spread of germs

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

• Stay home when you are sick. You will help prevent others from catching your illness.

• Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

• Wash your hands often to help protect you from germs.

• Avoid touching your eyes, nose or mouth. May prevent you from getting sick when touching surfaces, or objects that have flu virus on it and then touching your own mouth, eyes or nose.

For more information go to: http://www.cdc.gov/flu/protect/stopgerms.htm