

## The proper way to wash your hands

1. Wet your hands with clean running water and apply soap. Use warm water if it is available.
2. Rub hands together to make a lather and scrub all surfaces.
3. Continue rubbing hands for **15-20 seconds**. Imagine singing "Happy Birthday" twice.



4. Rinse hands well under running water.
5. Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.

## Cold and Flu by the numbers

**3 ft.**

Distance droplets can travel from a cough or sneeze

**93 m.p.h.**

Rate at which air particles travel out of your nose and mouth when you sneeze

**15-20 sec.**

How long you should scrub your hands to kill germs

## Covering you Cough and Sneeze

If you don't have a tissue, sneeze or cough into your arm



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## Keeping yourself Healthy this Flu Season



**"Helping Others Help Themselves"**

Sponsored By:  
RWU Health and Wellness Educators  
"Helping Others Help Themselves"  
CSD Rm 211 401 254 3413

RWU Health Services  
401 254 3156  
Mon-Fri 830am-5pm  
CSD 2nd Floor

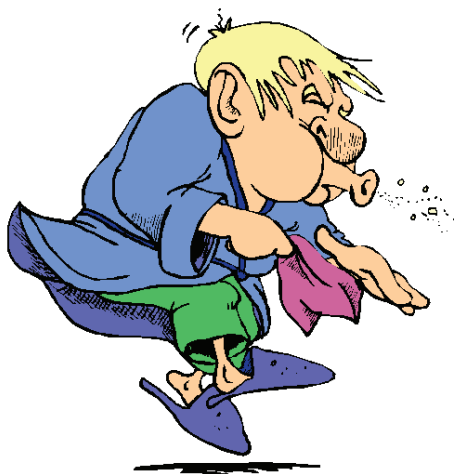
Dan Gough  
Director of Environmental Health & Safety  
dgough@rwu.edu

According to the Centers for  
Disease Control and Prevention



## What is the Seasonal Flu?

- Infection of the nose, throat, and lungs that is caused by the influenza virus.
- It can be spread from person to person
- Most people who have the flu are infected for about a week one day prior to symptoms and during symptoms.



## What is H1N1 Virus?

- H1N1 flu is a newer, different type of influenza virus that has spread world-wide among humans.
- People 24 and younger have no immunity to this virus. Therefore, they are more vulnerable, becoming more sick
- It was called "swine flu" at first due to its traces of flu virus that were found in pigs in the past.
- It has not been detected in US pigs.

## Prevention

### Proper Hygiene Etiquette

- Cover your cough
- Cover your nose & mouth when sneezing
- Wash your hands or use hand sanitizer often
- Keep your living space clean with disinfectant wipes



### Vaccination

- H1N1 vaccine—November/December
- Flu clinic information will be posted on all-student email, Facebook, Daily-Dose, etc.



## What to do

### when you become ill

- Isolate yourself by going home or stay in your room until at least 24 hours after you no longer have a fever (without the use of fever reducing medications)
- Wear a mask when coming into contact with others
- If you think you need to see a health care provider, CALL Health Services to make an appointment (401) 254 3156
- After hours and weekends, contact Public Safety (401)254-3611

## What if

### my roommate is sick?

- You may go to school and work as usual.
- Monitor your health every day.
- Take daily precautions such as washing hands often with soap and water, especially after coughing or sneezing.
- Alcohol-based hand sanitizers are helpful (Purell).
- If you are becoming ill, notify your professors and then stay home to rest.
- Contact Health Services if necessary