Dear Siena Community,

Cold and Flu season is upon us. The New York State Department of Health has reported Flu activity as geographically widespread for the 6th week in a row. 71% of all positive flu cases are due to Influenza A (H1, H3) and 28% are due to Influenza B.

Influenza is a contagious respiratory virus that is spread person-to-person by direct or indirect contact with the droplets produced by an infected person when they cough or sneeze.

Symptoms of the flu are usually sudden onset and more severe. They include: Fatigue, Fever above 100, Chills, Headaches and/or Body aches, Cough and/or Sore Throat, Runny Nose, Diarrhea.

Here are the precautions you can take to help avoiding the flu:

1. **Wash Hands Often** - Wash your hands often with soap and water, especially after coughing or sneezing. Use Alcohol-based hand sanitizers often.

2. **Cover Your Mouth** - Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.

3. **Avoid Touching Your Eyes, Nose and Mouth** - Germs are spread this way.

4. **Clean Often** - Disinfect surfaces and objects that maybe contaminated by germs with antibacterial wipes.

5. **Avoid close contact** - Maintain a 3 feet distance with others who are sick.

6. **Take care of your immune system** - Get plenty of sleep, exercise and eat healthy foods.

7. **Get a Flu vaccine...** The single best way to prevent the flu is to get a flu vaccine each season. Contact your local doctor, pharmacy or county health department to get your flu shot. CVS and Rite Aid pharmacy offer flu shots on a walk in basis at no cost to you billed through your insurance company.

**Students:** If you do become ill with flu like symptoms- please contact the Health Services (518)783-2554 option #2 to speak with the nurse.

**Employees:** If you do become sick with flu like illness, please contact your supervisor.

In order to minimize the spread of the virus and recover as expected, it is recommended people with fever and flu symptoms should **Stay Home to Self Isolate** until:

- You no longer have a fever (100 degrees Fahrenheit or 38 degrees Celsius) for at least 24 hours without the use of fever reducing medication such as Tylenol;

- You no longer have signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating).

For more information about the flu, visit:

http://www.health.ny.gov/diseases/communicable