

Health Advisory

Hostos Community College is committed to ensuring the health and welfare of its entire community. We are closely monitoring reports of human cases of Influenza especially H1N1 (Swine flu) throughout New York and the world, and will continue to work with federal, state and local public health agencies. Please be assured that Hostos remains committed in providing you with the latest information on this upcoming Flu season.

Hand sanitizers will be placed by all elevators, the cafeteria, theaters, fitness areas, computer labs and other large gathering spaces. Additionally, you can pick up a brochure entitled "Cover your Cough" - preventing infection through effective personal hygiene at the Health Services Office or any Public Safety desk. Posters are placed in common areas as a reminder that hygiene is the most effective way to stay healthy. Below are some tips.

What you can do to stay healthy:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands with soap and water for 20 seconds, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective. Young children and infants should only use non-alcohol based cleaners.
- To prevent the spread of infection, avoid touching your eyes, nose or mouth.

Try to avoid close contact with sick people:

- Influenza is thought to spread mainly person-to-person when infected individuals cough or sneeze.
- If you get sick, the NYC Department of Health and Mental Hygiene and the Center for Disease Control recommends that you stay home from work or school and limit contact with others to keep from infecting them (social isolation).

Seek medical attention if you have the following symptoms:

Adults

Increasing high fever (100° F or greater)
Constant cough/sore throat
Bluish or Ashy skin color
Difficulty breathing or shortness of breath
Pain or pressure in the chest or abdomen
Severe or persistent vomiting
Sudden dizziness or confusion

Children

Increasing high fever (100° F or greater)
Rash
Bluish or Ashy skin color
Rapid or difficult breathing
Irritability
Not drinking enough fluids
Lack of responsiveness (not waking up or not interacting)

For more information please visit the following websites:

CUNY's Flu Resources website - (<http://www.cuny.edu/flu>)

NYC Department of Health and Mental Hygiene -
http://www.nyc.gov/html/doh/downloads/pdf/cd/h1n1_flu_faq.pdf

Centers for Disease Control and Prevention (CDC) - <http://www.cdc.gov/swineflu/>

World Health Organization (WHO) - <http://www.who.int/csr/disease/swineflu/en/index.html>

American Psychological Association: "Managing Your Anxiety about Swine Flu" - <http://apahelpcenter.org/articles/article.php?id=194>