



Department of Public Safety

Mott Community College

Tips for Staying Healthy Novel Influenza A (H1N1)

We'd all like to avoid the dreaded swine flu but living our life in a bubble just isn't practical. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza or by touching something with flu viruses on it and then touching your eyes, mouth or nose.

Prevention

- **Wash** your hands often with soap and water or an alcohol-based sanitizer, especially after you cough or sneeze.
- **Cover** your mouth and nose with a tissue while sneezing or coughing, throwing the tissue in the trash after you use it.
- **Stay home** if you are sick. Remain at home for at least 24 hours AFTER your fever is gone (except to get medical care).

The **symptoms** of H1N1 flu virus are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, diarrhea and vomiting.

Severe illnesses and death have occurred as a result of illness associated with this virus. Emergency **warning signs**, in adults, that need urgent medical attention include difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting, and flu-like symptoms that improve but then return with fever and a worse cough.

Next month, look for H1N1 guidance for children and taking care of those who are ill.

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Call Us—We Can Help!

- **EMERGENCY** 762-5666
- **Non-Emergency** 762-0222
- **Campus Closing** 232-8989

Emergency Evacuation Instructions

Any time of year, severe weather can threaten us. It is always a good idea to be mindful of the weather happening in your area. Also a good idea is to take note of the Emergency Evacuation Instructions posted in each building of the MCC campus and centers. As you're walking to class, another building or office, look for the instructions posted in each room and hallway. Take a quick moment to identify where you'll need to be to optimize your safety.

We all have the answers within us, if we just listen to ourselves.

- Spencer Johnson, M.D.

Car Seat Check

Al Serra

G-6167 S. Saginaw St.

Grand Blanc

08/22/09

10 am to 2 pm

Prevent Dryer Vent Fires

Got 30 minutes to spare? In just that short amount of time you can prevent your dryer lint from catching fire. Lint, trapped and built up in your dryer vent tubing, can ignite easily at lower temperatures. Removing that build up, checking the outside exhaust to see that air is escaping normally and cleaning the filter with each new load is the easiest solution!



AUGUST