

H1N1 (Swine Flu)

QUICK FACTS

Video Links:

<http://emergency.cccco.edu>

<http://www.youtube.com/watch?v=v10f1bzIhcg>

There are cases of H1N1 Flu in Riverside County. What you can do to stop the spread of H1N1 Flu:

- **If you have flu like symptoms, call the Flu Hotline at 328-3580 BEFORE you come to school for advice from a Registered Nurse. The Hotline is open from 7am to 12 noon, Monday through Friday.**
- Wash your hands frequently with soap and water—alcohol based sanitizers are OK if water and soap is not available
- Keep your hands away from your face, eyes, nose and mouth—germs spread this way
- Encourage others at home to wash their hands frequently
- Invest in a thermometer if you do not have one at home
- If you or a family member becomes ill:
 - Stay home and isolate yourself from others until your fever (without fever reducing medicine) is gone for 24 hours
 - Cover your nose and mouth when coughing or sneezing with a tissue, discard tissue and wash your hands.
 - Seek emergency care if:
 - Shortness of breath or difficulty breathing or pressure in your chest or abdomen
 - Sudden dizziness
 - Confusion
 - Severe or persistent vomiting
 - Flu--like symptoms improve but then return with fever and worse cough

FLU HOTLINE OPEN 7AM TO 12 NOON. (951) 328-3580

FROM 12 NOON TO 4:30 PM you may call health Services on any of the campuses:

Riverside Campus (951) 222-8151

Moreno Valley Campus (951) 571-6103

Norco Campus (951) 372-7046

After 4:30 pm please contact your primary physician or urgent care.