



According to the most recent CDC report, widespread H1N1 influenza activity has been reported in 48 states in the U.S. Millions of American have caught this pandemic flu since it first surfaced in April 2009 and more than 4,000 have died due to complications related to this influenza infection.

2009 H1N1 Influenza infection is thought to occur in the same way as seasonal flu, which is mainly person-to-person transmission through coughing or sneezing of people infected with the influenza virus. People may become infected by touching something with flu virus on it and then touching their eyes, mouth, or nose.

Follow four simple health habits to help keep yourself—and others healthy:

- **WASH YOUR HANDS:** Frequent hand washing is the single most important thing you can do to keep from getting sick
- **AVOID CLOSE CONTACT:** Particularly with people who are sick
- **COVER YOUR COUGH AND SNEEZE** Use a tissue and then wash your hands or cough and sneeze into your elbow to keep germs off your hands
- **STAY HOME WHEN YOU ARE SICK:** Do not go to work, school, or travel when you're sick. Don't share your germs! If you do become ill, stay home for at least 24 hours after you no longer have a fever (100° F or greater), or signs of a fever, without the use of fever-reducing medicines (such as Tylenol).

ALL CAMPUSES ASSOCIATED WITH THE INSTITUTE ARE NOW OFFERING 2009 H1N1 INFLUENZA VACCINATION. AT THE PRESENT TIME, THIS SERVICE IS ONLY AVAILABLE FOR ADULTS. TO LOCATE OUR CAMPUS NEAR YOU, PLEASE VISIT THIS WEBSITE - [CAMPUS LOCATIONS](#)

TO LEARN MORE ABOUT THE 2009 H1N1 INFLUENZA VACCINE, PLEASE DOWNLOAD THE FOLLOWING FACT SHEET FROM THE INSTITUTE'S WEBSITE: [2009 H1N1 VACCINATION: WHAT YOU NEED TO KNOW?](#)



To learn more about Novel H1N1 (Swine Flu), go to: www.cdc.gov/h1n1flu

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