

Keep Your Eye on Avian Flu!

The "H5N1 virus" (Avian Flu) is a disease that occurs mainly in birds. While it can be deadly to birds, it does not usually infect people. So far, the human cases of Avian Flu have been limited and have not continued beyond one person. For more information please visit these websites:

World Health Organization
http://www.who.int/csr/disease/avian_influenza/en/index.html

Center For Disease Control
www.cdc.gov/flu/avian

THE FLU and YOU



www.myspace.com/stanhealth



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Influenza and the Spread of Disease

You can prevent the Flu! Influenza is caused by the influenza virus, which infects the respiratory tract (nose, throat, and lungs). Since the virus travels from person to person, there are many simple things you can do to keep from getting the flu.

Simple Steps to Prevent and treat the Flu

- Get plenty of sleep
- Manage stress
- Eat a well balanced diet
- Avoid touching your eyes, nose and mouth
- Wash your hands! (With soap and warm water for 20 seconds.)
- Avoid close contact with people who are sick.
- Cough or sneeze into a tissue or your upper sleeve if you don't have a tissue.
- Clean your environment with a household disinfectant.
- Stay home when you are sick.
- Manage a mild flu with lots of rest, fluids, and healthy food.

Flu Symptoms

Include: Fever, Headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Children can have additional symptoms such as nausea, vomiting, and diarrhea, but these symptoms are less common in adults.

Who should get a Flu Shot?

Anyone who would like to reduce their chances of catching the flu, even healthy people who are not in high risk groups. High risk groups are advised to get a flu immunization yearly.

High Risk Groups:

- Infants between six and 23 months
- Adults aged 65 years and older
- Pregnant Women
- People of any age with chronic medical conditions (Asthma, Diabetes, Heart Disease, Kidney Disease, HIV/AIDS)

If you think you have the flu and need medical care, contact your doctor or consider an urgent care center

Emanuel Medical Center
825 Delbon Ave.
Turlock, CA
209-667-4200

Doctors Medical Center
1441 Florida Ave.
Modesto, CA
209-578-1211

Memorial Medical Center
1700 Coffee Road
Modesto, CA
209-526-4500

For Additional Information

Centers for Disease Control
www.cdc.gov/flu/

United States Department of Health
and Human Services
www.hhs.gov/flu/

Stanislaus County
Health Services Agency
www.schsa.org

America Red Cross
www.redcross.org

students may contact the Student Health Center at 667-3396

