## IMPORTANT PHONE NUMBERS

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Spanish Walk ALA</td>
<td>766-6007</td>
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<tr>
<td>Kira Cheshier</td>
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<tr>
<td>Bryce Cushman</td>
<td>766-5923</td>
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<tr>
<td>Landmark Village ALA</td>
<td>766-4545</td>
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<tr>
<td>Travis Miller</td>
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<tr>
<td>River Village ALA</td>
<td>766-5947</td>
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<tr>
<td>Jenning Voss</td>
<td>766-6450</td>
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<tr>
<td>Eli Cox</td>
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<td>ALA Office</td>
<td>766-3134</td>
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<td>ALA On Call</td>
<td>760-3130</td>
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<tr>
<td>Emergencies</td>
<td>911</td>
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<tr>
<td>Apartment’s Office</td>
<td>766-3175</td>
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<tr>
<td>Maintenance</td>
<td>766-2308</td>
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<tr>
<td>After hours Emergency</td>
<td>399-4466</td>
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**ALA Hours of Operation**

1PM to 5PM

Located in the Maintenance Office on 22nd Avenue

While I am not trying to be the bringer of doom and despair, the fact is the cold and flu season are upon us. With a bit of luck, a lot of prevention, and some hard work on all of our parts we can keep well and take good care of ourselves this year. With this in mind the following information has been collected from the Center for Disease Control’s web site on how to deal with the flu. Please read it all and be prepared.

I ask you all to wash your hands frequently and completely. Cover your mouth when sneezing or coughing with your elbow. And if you feel yourself coming down with something please do not expose the campus community to it. Call your professors and let them know you are not well. In the long run we will all be healthier and happier.

### What To Do If You Get Sick: H1N1 and Seasonal Flu

From: [http://www.cdc.gov/h1n1flu/sick.htm](http://www.cdc.gov/h1n1flu/sick.htm)

**How do I know if I have the flu?**

You may have the flu if you have some or all of these symptoms:

- fever *
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting

*It’s important to note that not everyone with flu will have a fever.*
What should I do if I get sick?

If you get sick with flu-like symptoms this flu season, you should stay home and avoid contact with other people except to get medical care. Most people with H1N1 have had mild illness and have not needed medical care or antiviral drugs and the same is true of seasonal flu.

However, some people are more likely to get flu complications and they should talk to a health care provider about whether they need to be examined if they get flu symptoms this season. They are:

**PEOPLE AT HIGH RISK FOR DEVELOPING FLU-RELATED COMPLICATIONS**

- Children younger than 5, but especially children younger than 2 years old
- Adults 65 years of age and older
- Pregnant women

**PEOPLE WHO HAVE:**

- Asthma
- Neurological and neuro-developmental conditions [including disorders of the brain, spinal cord, peripheral nerve, and muscle such as cerebral palsy, epilepsy (seizure disorders), stroke, intellectual disability (mental retardation), moderate to severe developmental delay, muscular dystrophy, or spinal cord injury].
- Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
- Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)
- Blood disorders (such as sickle cell disease)
- Endocrine disorders (such as diabetes mellitus)
- Kidney disorders
- Liver disorders
- Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
- Weakened immune system due to disease or medication (such as people with HIV or AIDS, or cancer, or those on chronic steroids)
- People younger than 19 years of age who are receiving long-term aspirin therapy

The Advisory Committee on Immunization Practices (ACIP) has issued separate recommendations on Who Should Get Vaccinated Against Seasonal Flu. Also, it’s possible for healthy people to develop severe illness from the flu so anyone concerned about their illness should consult a health care provider. There are emergency warning signs. Anyone who has them should get medical care right away.

Do I need to go to the emergency room if I am only a little sick?

No. The emergency room should be used for people who are very sick. You should not go to the emergency room if you are only mildly ill. If you have the emergency warning signs of flu sickness, you should go to the emergency room. If you get sick with flu symptoms and are at high risk of flu complications or you are concerned about your illness, call your health care provider for advice. If you go to the emergency room and you are not sick with the flu, you may catch it from people who do have it.

Are there medicines to treat H1N1?

Yes. There are drugs your doctor may prescribe for treating both seasonal and 2009 H1N1 called “antiviral drugs.” These drugs can make you better faster and may also prevent serious complications. This flu season, antiviral drugs are being used mainly to treat people who are very sick, such as people who need to be hospitalized, and to treat sick people who are more likely to get serious flu complications. Your health care provider will decide whether antiviral drugs are needed to treat your illness. Remember, most people with 2009 H1N1 have had mild illness and have not needed medical care or antiviral drugs and the same is true of seasonal flu.

How long should I stay home if I’m sick?

CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other things you have to do and no one else can do for you. (Your fever should be gone without the use of a fever-reducing medicine*, such as Tylenol®.) You should stay home from work, school, travel, shopping, social events, and public gatherings.

What should I do while I’m sick?

Stay away from others as much as possible to keep from making them sick. If you must leave home, for example to get medical care, wear a facemask if you have one, or cover coughs and sneezes with a tissue. And wash your hands often to keep from spreading flu to others. CDC has information on “Taking Care of a Sick Person in Your Home”.

*If your fever is gone without the use of a fever-reducing medicine, you may go out and participate in activities as long as you feel well enough to do so.
WILL YOU KNOW WHAT TO DO IF SOMEONE IN YOUR HOME GETS THE FLU?

This flu season could be worse than most flu seasons with more people than usual getting sick. Hospitals and clinics may be much busier than normal. The good news is that most people with flu will be able to be cared for at home and will feel better in about a week. Learn what you can do to help your family this flu season.

IN ADULTS, EMERGENCY WARNING SIGNS 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 (vomiting that goes on)

IN CHILDREN, EMERGENCY WARNING SIGNS THAT NEED URGENT MEDICAL ATTENTION INCLUDE:

- Fast breathing or working hard to breathe
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms that improve but then return with fever and worse cough
- Fever with a rash
- Being unable to eat
- Having no tears when crying

IN ADDITION TO THE SIGNS ABOVE, GET MEDICAL HELP RIGHT AWAY FOR ANY INFANT WHO HAS ANY OF THESE SIGNS:

- Being unable to eat
- Has trouble breathing
- Having no tears when crying

Make a Sick Room if You Can

- Try to give the sick person their own room. If there is more than one sick person, they can share the sick room if needed.
- If you have more than one bathroom, have sick people use one bathroom and well people use the other one.
- Give each sick person their own drinking glass, washcloth, and towel.

Have These Items in the Sick Room

- Tissues
- Trash can with lid and lined with a plastic trash bag
- Alcohol-based hand rub
- Cooler or pitcher with ice and drinks
- Cup with straw or squeeze bottle to help with drinking
- Thermometer
- Humidifier (A machine that puts tiny drops of water into the air. This extra moisture can make it easier for the sick person to breathe.)
- Facemasks (Sick people should wear a facemask if available when they leave the sick room or are around other people.)

About Medicines in the Sick Room

- Store all medicines out of reach of children. If you have no young children in the home, place medicines for adults in the sick room.
- Write down medicine dose and when doses are needed.
Follow the Sick Room Rules

Protect well family members from getting the flu. If the sick person must leave the room to go to the bathroom or to a doctor’s visit, ask them to wear a facemask. No facemask at home? Ask the sick person to use a tissue to cover coughs and sneezes.

- **AVOID HAVING OTHER PEOPLE ENTER THE SICK ROOM.**
  The sick person should not have visitors other than the caregiver. If visitors must enter, they should stay at least 6 feet away from the sick person.

- **COVER COUGHS AND SNEEZES.**
  Ask the sick person to cover their nose and mouth with a tissue when they cough and sneeze. Ask them to throw used tissues in the trash.

- **CHOOSE ONE CAREGIVER.**
  If you can, choose only one caregiver to take care of sick family members. If possible, ask someone else to be the caregiver if you are pregnant or have certain chronic health problems. If you get the flu, it could be much more serious for you.

- **KEEP THE AIR CLEAN.**
  Open a window in the sick room, if possible, or use a fan to keep fresh air flowing.

How to Clean the Sick Room

You’ll want to clean the sick room each day.

Follow these tips:

**Cleaning Hard Surfaces**
- Clean surfaces that may have flu germs on them. These may include doorknobs, bedside tables, bathroom sinks, toilets, counters, phones, and toys.
- Clean these hard surfaces by using water and dish soap. Or use common household cleaners that kill germs.

**Cleaning Bed Linens and Laundry**
- Wash bed sheets and towels with normal laundry soap and tumble dry on a hot dryer setting. Hold all dirty laundry away from your face and body. Wash your hands right after touching dirty laundry.
- It’s OK to wash the sick person’s bedding or clothes with other people’s laundry.

**Cleaning Dishes**
- Wash the sick person’s dishes with normal dish soap or place in the dishwasher.

**Tips for Caregivers**
- Avoid being face to face with the sick person. If possible, it is best to spend the least amount of time in close contact with a sick person.
- When holding sick children, place their chin on your shoulder so they will not cough in your face.
- Wash your hands often and the right way. Sing the “Happy Birthday” song two times or count slowly to 20 as you wash.
- If soap and water are not available, use an alcohol-based hand rub.
- Make sure to wash your hands after touching the sick person. Wash after handling their tissues or laundry.

**Prevent Fluid Loss**

Give plenty of liquids at the first sign of flu. Sick people with the flu need to drink extra fluids to keep from getting dehydrated. Mild fluid loss can most often be treated at home. Yet, severe dehydration is VERY serious and must be treated in the hospital.

**Tips to prevent dehydration**
- If the sick person is not eating well, encourage them to drink liquids. Avoid alcohol or drinks with caffeine in them such as colas, tea, and coffee.
- Older adults and people with kidney problems should check with their doctor about safe amounts of liquid to drink when sick.
- Offer clear fluids such as water, broth, or sports drinks.
- Use a squeeze bottle or a straw for people too weak to drink from a cup. Or offer ice chips or frozen ice pops to suck on.
- Continue to nurse or bottle feed your baby. Babies get all the fluid they need from breastfeeding or formula. If your baby refuses to breastfeed or take formula from the bottle, call the doctor. Your doctor may recommend you give your child a special drink like Pedialyte®, which is meant to prevent dehydration.

**Use this list to check for dehydration:**
- Make sure babies have wet diapers. Check that wet diapers are as frequent and heavy as normal.
- Look for tears when the baby or toddler is crying.
- Check to see how wet the child’s mouth is. The inside of the mouth should be wet. Wash your hands after you do this.
• Check to see that children, teens, and adults are making frequent trips to the bathroom to urinate.
• Check the urine color. Clear or light yellow-colored urine means the person is getting enough fluid. Dark yellow urine signals the person is dehydrated.

When to Get Medical Help for Fluid Loss
While anyone can become dehydrated, infants, children, and older adults are at greatest risk of getting dehydrated. Also, pregnant women will want to make sure they are getting enough fluids.

When To Call The Doctor To Ask For Advice
Call right away if you or your child has any of these symptoms of dehydration:

Signs Of Dehydration In Infants And Toddlers:
• Sunken soft spot on top of your infant’s head
• Diarrhea or vomiting in infants 2 months or younger
• The baby seems much less active or more irritable than normal

Fewer tears when crying or not making tears

Signs Of Dehydration In children And Adults:
• Not making tears
• Less than normal amount of urine. In babies you may see fewer wet diapers or diapers that weigh less than normal
• Skin that is dry and takes long to go back to position when pinched
• Dry mouth or dry eyes
• Fast-beating heart
• Blood in the stool or blood in vomit
• The child has had a fever for 12 or more hours and also is not able to drink fluids, throwing up or having diarrhea
• The child may be cranky or irritable, hard to wakeup, have little energy, appear “rag doll weak”

Medicine Safety

Take The Right Amount Of Medicine
Read labels to make sure you are taking the dose listed on the label. Call your doctor or pharmacist if you have questions. Watch that you don’t go over the daily limit (maximum dose) for certain medicines. Never give aspirin to children age 18 or under if they have the flu.

Don’t Drink Alcohol And Take Medicine
Some medicine labels say, “Do not mix with alcohol” or “Avoid using with alcohol.” Many prescription and over-the-counter medicines can be dangerous or deadly when mixed with beer, wine, or liquor of any kind.

Talk To Your Doctor If You Are Pregnant
If you are pregnant or think you might be pregnant, make sure you talk to your doctor before taking any medicines.

Medicine Safety and Children

About medicines for children
• Store all medicines out of reach of children. Place them in a locked cabinet where children can’t reach them.
• Buy pain and fever medicines that say “children’s” on the label. Also, look for the words “acetaminophen” or “ibuprofen” on the label.
• Call the doctor if your child is very small or very large for his or her age so you will be sure to give the right amount of medicine. The dose you give your child depends on the child’s age and weight.
• Use a special medicine spoon, dropper, or the cap that came with the medicine. Wash the cap, dropper, or spoon with soap and water after each use.

Don’t give cough or cold medicines to children younger than 4 years of age.

Warning

Think your child age 18 or younger might have the flu? Never give them aspirin or products with aspirin in them.
Check all medicine labels to make sure they do not contain aspirin, also called salicylate. Although it mostly affects people age 18 or younger, Reye’s Syndrome can strike anyone who takes aspirin products when they have the flu.

Reye’s Syndrome is a rare, serious illness than can affect the blood, liver, and brain of someone who has recently had a flu virus. This illness can cause confusion, seizures, or coma. Talk to your child’s doctor about signs and symptoms of Reye’s Syndrome.
Treat Fever

Bringing down a fever will make the person feel better and help patients rest.

**Treating a fever without medicine**
- Put a cool, damp washcloth on their forehead.
- Wash their arms and body with a cool cloth.
- Give the person a slightly warm bath.

**Treating a high fever with medicine**
- Look for the ingredients "acetaminophen" or "ibuprofen" on labels.
- These medicines may take 30 to 45 minutes to start working. They may not bring fevers down to normal temperature.

**When a fever causes a seizure**
A seizure makes you have jerky spasms and can also make you pass out. In rare cases, a fever can bring on a seizure, called a "febrile seizure." Seizures brought on by fever are more common in young children. Call the doctor or get medical help for seizures.

Any child younger than 3 months who has a fever should see a doctor.

Treat Dry Cough
Coughing can help clear out mucous and congestion from your lungs. Yet, dry coughs when there is no mucous can make your airways, throat, or chest sore. Treating a dry cough can stop this sore feeling and also help you get rest.

**Treating a dry cough**
- Ask the pharmacist about which cough medicines are best to treat a dry cough. Do not give children younger than 4 years of age cold medicines.
- Set up a humidifier. That's a machine that puts tiny drops of water (moisture) into the air. This extra moisture can make it easier for the sick person to breathe.
- Offer adults a cough drop or hard candy to soothe their throat and lessen the urge to cough.

Treat Other Flu Symptoms

**Treating sore throat**
Offer the person:
- Acetaminophen or ibuprofen for the pain
- Ice chips or frozen ice pops to numb the throat and get fluids into the body

Some people find gargling with salt water helps soothe a sore throat.
- Mix 1 cup of warm water with 1 teaspoon of salt.
- Gargle and then spit out.

**Treating chills, aches, and pain**
Offer the person:
- A light blanket for chills
- Acetaminophen or ibuprofen for aches and pain. Make sure to read the label for the right amount.

**Treating congestion**
The flu can cause the body to make more mucous. The nose, sinuses, ears, and chest can get stuffy. This congestion can cause pain.

Offer the person:
- Acetaminophen or ibuprofen for the pain
- Decongestants (Talk to your pharmacist about the kind you should buy. Do not give cough or cold medicine to children younger than 4 years of age.)
- A humidifier. That's a machine that puts tiny drops of water (moisture) into the air. This extra moisture can make it easier for the sick person to breathe.
- A warm washcloth on the face to ease sinus pain

**Treating stomach problems**
People with the flu may have stomach pain. They may even throw up or have loose stools (diarrhea). Anyone with severe stomach pain should call the doctor.

Offer the person:
- Plain foods that are easy on the stomach
- Clear liquids to drink
- Medicines to help adults treat loose stools