

# Flu Updates

Dear Talladega community,

Although we are off to an excellent academic year, it is vital that each of you understand that safety is vital to all on campus. With the continued news of the **H1N1 flu strains** filling the airwaves, my administration is remaining alert to the hazards of the anticipated increase of the virus.

To help prevent the spread of these flu strains, we are asking each of you to be responsible for your personal hygiene by avoiding unnecessary contact with obviously ill people. Also, be sure to cover your mouth and nose with disposable tissues or with the inside of your elbow when sneezing or coughing. Be sure to dispose of used tissues properly and always thoroughly wash your hands with an alcohol-based hand sanitizer.

Symptoms of the flu include:

- Fever of 100 or higher
- Sore throat
- Headache
- Cough
- Body aches
- Chills and fatigue

If you suspect you may have the flu, stay home and contact your health care provider. The CDC advises that you may return to work/school 24 hours after you no longer have symptoms or fever **without the use of fever reducing medicine.**

For more information on how you can protect yourself, contact **Nurse Valarie Alfred at ext. 6208, or the Office of Student Affairs at ext. 6274.**

Sincerely,  
Dr. Billy C. Hawkins  
President, Talladega College