

Campus Health  
Center

9:00 am—4:30 pm  
Monday—Friday  
(616) 331-2435

## H1N1 Virus

The H1N1 virus is thought to spread mainly person-to-person through coughing or sneezing by infected people. Grand Valley students, faculty, and staff members are asked to stay informed about the H1N1 virus, its symptoms (fever, cough, aches, sore throat and fatigue). More information about the H1N1 flu can be found on the Centers for Disease Control and Prevention Web site,

[www.cdc.gov/flu/swine](http://www.cdc.gov/flu/swine), Ottawa County Health Department site [www.miOttawa.org/Health](http://www.miOttawa.org/Health) and on Grand Valley's emergency preparedness site, [www.gvsu.edu/emergency](http://www.gvsu.edu/emergency)

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you do not have a tissue, sneeze or cough into your sleeve.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose, or mouth. Germs spread that way.
- If you get sick, avoid contact with others. Please stay in your residence hall room, home, or apartment, away from class and other public areas, until you are fever free for 24 hours. Limit your contact with others to keep from infecting them.
- ♦ Follow public health advice, to avoid crowds, and take other "social distancing" measures.

