

Attention Students/Faculty/Staff: H1N1 Swine Flu

Campus Recreation & Wellness is aware of the **2009 H1N1** (formerly “**Swine Flu**”) threat to the public. As with any contagious threat we advise all of our customers to take the following precautions as recommended by the North Carolina Department of Health and Human Services:

- Wash your hands often with soap and water, especially after you cough or sneeze.
- Alcohol-based hand sanitizers are also effective.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- If a hand tissue is not available, use your upper sleeve, not your hand.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with sick people.
- If you are sick or not feeling well, stay away from the work place and other places where people gather.
- Get the recommended seasonal flu vaccine when it becomes available.
- Get the recommended H1N1 vaccine when it becomes available.

While utilizing the Student Recreation Center, your risk is no greater than any other public establishment. Take advantage of these additional tips while using the SRC:

- Check out up to three towels from the Customer Services Desk on your One Card.
- Use one to clean equipment before and after use.
- Shower and change clothes after exercise.
- Keep your hands away from your face during your exercise session.
- When on fitness equipment take advantage of the Omega Disinfectant Spray located throughout the weight room and at the Fitness Area Desk. If you cannot locate a spray bottle, see any staff member for assistance.
- Courtesy Paper Towels are available in our Fitness Area. Utilize these if cloth towel service is not available. You can also bring a clean towel from home.
- Return used towels to the Customer Service Desk. Avoid leaving towels unattended. Paper towels should be discarded after use.
- If you feel unusually tired, consider taking a day or two off from your regular activity. Your immune system is less capable of keeping you healthy if you are under unusual stress, mental, or physical fatigue.
- For more information on flu or other contagious threats, contact ECU Student Health Services, ECU Environmental Health & Safety, the Center for Disease Control, or visit www.flu.nc.gov.