

Suggestions For Winning the Battle When in Public

When you are out in public, surrounded by the masses, be alert to potentially infected surfaces such as:

- door handles
- store counter tops, check out counters, etc.
- all surfaces in public restrooms – always use a paper towel, and even use it to turn off the water or open the door

Reasonable restrictions on activities and the implementation of common sense personal hygiene habits have the potential to significantly reduce the probability of contracting the flu or any other infectious disease, especially if implemented prior to the start of the flu season. Is the person you are about to shake hands with sniffing or attempting to control a cough? Did you just loan your cell phone or laptop to someone who already has the flu, common cold, or some other malady? Are people leaning under the “sneeze shield” at the salad bar at your favorite restaurant? Awareness and taking a common sense approach to personal protection and personal hygiene is the key to reducing the spread of infectious diseases.

McKinley Health Center

Preparing for the eventual arrival of the flu season and the possible arrival of a pandemic or other infectious disease requires everyone’s cooperation, and your assistance in this area is greatly appreciated. Additional information regarding infectious diseases is available on the McKinley Health Center web site, www.mckinley.illinois.edu.

“Stock 2 for Flu”

In the event that there is an infectious disease outbreak, the Center for Disease Control and the majority of public health agencies encourage you to “stock 2 for flu.” Simply put, this means to set aside a two-week supply of food and sufficient quantities of water and/or electrolyte drinks to enable you to minimize the amount of time you must spend in public. For more information, please visit www.stock2forflu.com.

For questions, to request a meeting to discuss planning efforts, or to view the campus’s infectious disease response plan, please visit www.dps.illinois.edu.

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Infectious Diseases



Division of Public Safety

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Planning & Personal Preparedness

As each new fall semester approaches, the University of Illinois Urbana-Champaign campus is faced with the annual return of flu season. Regardless of whether it's H1N1, avian flu, meningitis, or some other infectious disease, it is beneficial to always know the steps you can take to minimize your risk of infection.

The Centers for Disease Control, Health and Human Services, and the Illinois Department of Public Health recommend the following steps to minimize the potential for individuals to contract and infectious disease:

1. Wash your hands frequently with soap and water. Use alcohol-based hand sanitizers when you can't wash your hands.
2. Cover your coughs and sneezes with your sleeve.
3. **STAY HOME IF YOU ARE SICK!**

These suggestions are relevant at all times of the year, and especially as it relates to reducing your susceptibility to acquire colds, flu, and other infectious diseases in the course of normal activity. We encourage you to share this information with family and friends.

The Importance of Proper Hand Washing

Perhaps the most important step that individuals can take for self protection is to frequently wash their hands. The following link provides information related to proper hand-washing techniques: www.cdc.gov/nceh/vsp/cruiselines/hand_hygiene_general.htm.

Take a Moment to Learn Cough Etiquette

Once the flu season begins, the common cough can become a significant contributor to the spread of infectious disease. Dr. Ben Lounsbury, Lewiston, Maine, has created an excellent video with a humorous twist that addresses proper "cough etiquette." His video provides information on how the spread of disease can be controlled simply by following common sense personal health techniques related to cough control. The video can be viewed at www.coughsafe.com.

Stay at Home If You Are Sick

If you feel like you are getting an influenza-like illness (fever of 100° or higher, cough, sore throat, body aches, and possibly diarrhea or vomiting), **STAY HOME** until 24 hours after your temperature returns to normal (98.6°) without taking any fever-reducing medicines (Tylenol, Advil, etc.). This should be done to decrease your risk of spreading an infectious disease.

Do I Get That Flu Shot or Not?

Flu shots are an excellent way (and the most important way) to reduce the risk of contracting influenza (the flu) that we experience each winter. Flu vaccine is available from many different sources in the community. Please check with your health care provider about dates and places. University faculty, staff, and students should visit the McKinley Health Center web site at www.mckinley.illinois.edu for more information.

Suggestions For Faculty & Staff

University employees may wish to store various personal hygiene supplies, such as sanitizing hand gel, sanitizing wipes, and spray sanitizers in their office or work space. The use of these items to disinfect keyboards, telephones, desktops, laptops, etc. is encouraged. Staff may also want to bring in a supply of bottled water. Individuals are encouraged to make sure they wash their hands before returning to work, after using the restroom, and/or when handling food. Avoid hand contact with your eyes, nose, and mouth. Did you know that the average person touches their eyes, nose, or mouth several times per minute? Where have your hands been lately? The touching of moist or mucous areas is one of the easiest ways to acquire an unwanted illness.