



## Dear students, faculty, staff and parents,

As you may know, flu can be spread easily from person to person. Therefore, we are taking steps to prevent the spread of flu at Great Bay Community College **but, we need your help to accomplish this.**

We are working to monitor flu conditions and make decisions about the best steps to take concerning our institution. We will keep you updated with new information as it becomes available to us.

### Here are a few things you can do to help:

- **Practice good hand hygiene** by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective. Please note that we have made hand sanitizer available at all of our high traffic locations including the One Stop, CAPS, Library, Front Desk, and Bookstore.
- **Practice respiratory etiquette** by covering your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands. Avoid touching your eyes, nose, or mouth; germs are spread this way.
- **Know the signs and symptoms of the flu.** A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit or 38 degrees Celsius. Look for possible signs of fever: if the person feels very warm, has a flushed appearance, or is sweating or shivering.
- **Stay home if you have flu or flu-like illness for at least 24 hours after you no longer have a fever** (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Don't go to class or work. Notify your instructor(s) of your absence via college e-mail.
- **Talk with your health care providers about whether you should be vaccinated for seasonal flu.** Also if you are at higher risk for flu complications from 2009 H1N1 flu,

you should consider getting the H1N1 vaccine when it becomes available. People at higher risk for 2009 H1N1 flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease, or diabetes). For more information about priority groups for vaccination, visit: [www.cdc.gov/flu](http://www.cdc.gov/flu).

For the most up-to-date information on flu, visit:  
[www.flu.gov](http://www.flu.gov), or call **1-800-CDC-INFO (232-4636)**  
[www.dhhs.state.nh.us](http://www.dhhs.state.nh.us) NH Department of Health & Human Services

We will notify you by e-mail of any additional changes to GBCC's strategy to prevent the spread of flu on our campus. In addition, we will post the most recent information on our web site and on [Black Board](#).

### **211 New Hampshire - Public Inquiry Line** *Changing the Way New Hampshire Finds Help*

2-1-1 is an easy to remember telephone number that connects callers, at no cost, to information about critical health and human services available in their community.

2-1-1 NH is an initiative led by United Ways of New Hampshire (UWNH), an organization that represents the 10 United Ways across the state, in partnership with the State of New Hampshire, Citizens Bank Foundation, the New Hampshire Charitable Foundation, Exeter Hospital, and Public Service of New Hampshire (PSNH).

Residents in New Hampshire can contact 2-1-1 NH toll-free by dialing 2-1-1 in state or 1-866-444-4211 from out of state

For more info visit: [www.refersoftware.com/211nh](http://www.refersoftware.com/211nh)