



# 4 Your Benefit!

WEEKLY UPDATES FROM THE OFFICE OF ISU HR—STAFF BENEFITS

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## H1N1 vs. Seasonal Flu... Do You Know the Difference?!

Since April 2009, there has been concern about H1N1 Flu also known as “Swine Flu”. The best way to keep yourself healthy is to educate yourself about this new strain of the flu virus. H1N1 is different from the seasonal flu because of the people it affects. More people under the age of 25 are being diagnosed with the H1N1 strain, the Seasonal Flu affects more people over the age of 65.

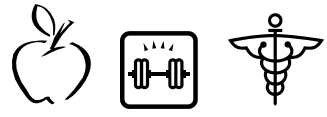
### 4 Things you should know:

1. **H1N1 is contagious:** The H1N1 virus is contagious and spreading from person to person. To avoid getting sick wash your hands frequently, use antibacterial hand sanitizer, stay home when you have flu like symptoms and for 24-hours after having a fever.
2. **How long are you contagious?:** If you have the Flu (Seasonal or H1N1) you can be contagious 1 day prior and 5-7 days after having flu like symptoms.
3. **Vaccinations:** There are H1N1 and Seasonal Flu vaccinations available. Stay informed with your physician as well as local hospitals and media to find out when you can have the opportunity for both. Remember the Seasonal Flu vaccination does not protect against the H1N1 strain of the flu virus
4. **The target groups to be vaccinated first:** Pregnant women, People who live with or care for children younger than 6 months of age, Healthcare and emergency medical services personnel, People between the ages of 6 months and 24 years of age, People who are 25-64 years of age who are at high risk due to chronic health conditions or compromised immune systems. \*If you are unsure if you should get an H1N1 vaccination check with your Primary Care Physician for more information.

... from Whitney Davidson;  
Express Health Representative



## Employee Wellness and You!



### 4 ways to Stay Healthy this Flu Season:

Do you know how to keep yourself healthy this flu season? With the flu season upon us it is important to know ways to stay healthy and avoid getting the flu this year.

**1. Wash your hands-** Washing your hands with soap and warm water helps kill any bacteria and viruses that you may have picked up. Sing the ABC's to make sure you are washing long enough to kill the germs.

**2. Use a tissue-** When you cough or sneeze use a tissue or bend your arm to cover your mouth with the crook of your arm. This helps to keep germs off of your hands and out of the air. When you use a tissue throw it away immediately after use and wash your hands to be on the safe side.

**3. If you get sick-** If you have a fever stay home for at least 24 hours after your fever breaks. This will help reduce the likelihood of you still being contagious and spreading the flu to others.

**4. Take Care of yourself-** One of the best things you can do during flu season is take care of yourself. Make sure you are getting plenty of rest and eating a well balanced diet full of fruits, vegetables and plenty of water. Proper nutrition helps to keep your immune system strong and capable of fighting.