



Healthy Habits

The newsletter for busy Cal employees who want to improve their health!

May 4, 2009

WEEK 11

Special Bulletin: Influenza A H1N1 (Swine Flu)

The H1N1flu (Swine Flu) is a ubiquitous topic these days so it is important that you have the facts and information necessary to keep you healthy.

The best thing you can do for yourself is to stay informed. Make sure to get your information from legitimate resources such as the Centers for Disease Control (CDC) and World Health Organization (WHO). University Health Services has posted a webpage providing campus updates, links and resources, and health information.

There are also preventative measures you can take to stay healthy. The H1N1 flu virus, as with other flu viruses, is mainly spread person-to-person through coughing or sneezing.

Here are everyday actions to stay healthy:

- Cover your nose and mouth when you cough or sneeze. If using a tissue, throw it out in the trash immediately after use.
- Wash your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose, or mouth. Germs spread that way.
- The CDC recommends staying at home and limiting contact with others in order to prevent the spread of the disease.

Be sure to watch the hand washing and coughing videos, posted on the UHS website.

Resources

Here are recommended resources to keep informed about Influenza A H1N1 (Swine Flu).

❖ University Health Services H1N1 Website

<http://www.uhs.berkeley.edu/home/news/swineflu.shtml>

Includes resources such as:

- FAQ's
- Videos on hand washing and coughing technique to prevent spread of germs
- "WHACK the flu" poster and hand washing posters
- Managing your anxiety about swine flu

❖ Centers for Disease Control & Prevention

<http://www.cdc.gov/swineflu/>

❖ CDC Factsheet on H1N1 (PDF)

<http://www.cdc.gov/h1n1flu/pdf/keyfacts.pdf>

❖ World Health Organization

<http://www.who.int/csr/disease/swineflu/en/index.html>

Announcements

Healthy & Quick Meals

Thursday, June 4, 12:10-1pm

Tang Ed Center

Get tools for meal planning and fresh ideas for delicious meals that are healthy and quick to prepare for a busy lifestyle. Enroll at UCB Learning Center.