

COLD, FLU, AND CORONAVIRUS PREVENTION

With the cold and flu season in full swing and the presence of the coronavirus in our community, help avoid transmission and protect yourself with these handy tips.

SWAP THE GREETING

No handshaking or hi-fiving! Try out a new greeting like a slight bow, throwing up a peace sign, or giving a head nod or friendly wave.

SHARING IS NOT CARING

When it comes to viruses, avoid sharing drinks, utensils, vaping or smoking devices, food or anything else that may involve saliva. Whether it's on the sports field, in the dining hall, or at the pong table, keep tabs on your own items and don't share with others.

RESIST THE ITCH

We typically touch our hands to our nose or mouth about 90 times a day without knowing it! Hand-to-face contact is often how viruses enter our body. Notice when your hand is starting to go towards the face. Pause and resist this automatic act.

CHECK YOUR BIAS

Viruses and illnesses can affect us all. Make sure you are not making assumptions about people's likelihood of spreading an infection based on how they look, their heritage, or other qualities.

KEEP IT CLEAN

Wash your hands with soap for at least 20 seconds (sing Happy Birthday twice!) and/or use greater than 60% alcohol-based hand sanitizer frequently when you are out at public spaces and whenever you return home.

AVOID SURFACE CONTACT

Contaminated surfaces can remain infectious. Get creative when needing to touch possibly infected surfaces: only use your knuckle to touch light switches or elevator buttons, open doors with your closed fist, hip, or use a paper towel, or use a disinfectant wipes when available.

GRAB A TISSUE

Cough or sneeze into a disposable tissue and discard. Wash your hands or use hand sanitizer. Use your elbow only if necessary (the clothing on your elbow can also remain infectious).

STAY HOME AND REST

If you are experiencing symptoms (fever, cough, sore throat), stay home! Be a good neighbor and help break the cycle of transmission. For questions, concerns, or if you're experiencing difficulty breathing, call Dick's House at 603-646-9400 (students) or your primary care provider (staff/faculty).

content sourced from:

The Centers for Disease Control and from recommendations from James Rob, MD, UC San Diego, professor of pathology and one of the first molecular virologists in the world to study the coronavirus

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