



Avoid the Flu! Think Prevention.

Take these everyday steps to prevent the spread of flu:

- ✓ Cover your nose and mouth with a tissue when you cough or sneeze.
- ✓ Clean your hands often with alcohol-based hand gel* or soap and water.
- ✓ Avoid touching your eyes, nose or mouth.
- ✓ Try to avoid close contact with sick people.
- ✓ If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone.
- ✓ Take the seasonal flu vaccine each year.
- ✓ Take the H1N1 flu vaccine when it becomes available (the 2009 seasonal flu vaccine will not protect against novel H1N1 influenza).

Seasonal flu vaccine program:

- September 21 through October 2 - Flu Tent in front of Eskind Library.
- October 5 – 31 - Numerous onsite are planned for the main campus and medical center.
- October 5 through March 2010 - vaccine will be available on a walk-in basis in the main OHC clinic at 640 Medical Arts Building.

Novel H1N1 influenza vaccine program:

- This new vaccine will most likely consist of 2 shots, given 3 weeks apart.
- We expect to start giving the vaccine in late October or early November.
- Watch for email updates on novel H1N1 flu shot availability and locations.

Check these websites for updates:

Occupational Health Clinic at occupationalhealth.vanderbilt.edu for vaccine information and guidance

Centers for Disease Control and Prevention at www.cdc.gov/flu for information about seasonal and H1N1 influenza

Vanderbilt University Emergency Preparation and Planning at <http://emergency.vanderbilt.edu/plans/flu/h1n1virus.htm>

Flu vaccination for Vanderbilt faculty and staff is provided by the Occupational Health Clinic

