

Your health and safety is IES Abroad's highest priority. We have compiled the following list to help you safeguard your health during the flu season.

1. **Take Care of Yourself.** Eat right, stay hydrated, get enough sleep, and exercise—all of this aids in keeping your immune system strong. If you do get sick, avoid caffeine, alcohol, smoking and dairy products when trying to get well (or stay well).
2. **Keep Hands Clean.** Wash your hands or use hand sanitizer frequently, especially after using public transportation and before eating.
3. **Clean your Living Area.** Use disinfectant wipes to regularly clean surfaces in your living area, such as doorknobs, handles, and your keyboard.
4. **Use Tissues.** Always carry tissues with you and use a tissue to cover your mouth and nose whenever you sneeze or cough. Throw the tissues away in a trash can after use.
5. **Prepare a "Self-Care Kit."** Collect the following items to have on hand in case you start to feel unwell:
 - Ibuprofen or acetaminophen for reducing fever and relieving aches/pain, sore throat, and headache
 - Guafenesin/expectorant (possibly with cough suppressant) for head and chest congestion or cough. Honey also works well as an expectorant.
 - Saline/sinus sprays or washes (neti pots) for head congestion and sinus symptoms
 - Decongestant for runny nose
 - Menthol/eucalyptus topical ointment for congestion and body aches
 - Table salt for warm salt-water gargles and lozenges to relieve sore throat
 - Non-alcoholic, non-caffeinated, clear liquid beverages for hydration such as bottled water, ginger ale, herbal tea (ginger, chamomile) chicken broth, gelatin, or frozen popsicles
 - Light foods such as crackers, pretzels, toast, white rice, applesauce, or dry cereal
 - Tissues
6. **Stay Informed.** View the following websites for up-to-date information about H1N1:
 - Center for Disease Control (CDC): www.cdc.gov/h1n1flu
 - World Health Organization (WHO): www.who.int/en
 - US Department of Agriculture (USDA): www.usda.gov/wps/portal/usdahome
 - US State Department: www.state.gov
 - American Red Cross: www.redcross.org/pandemicflu
 - Flu.gov: www.pandemicflu.gov
7. **Protect Yourself.** Get a seasonal flu shot. This will not protect you from H1N1, but if you do happen to catch the flu, the symptoms usually aren't as severe for those who have received a flu shot.

What to Do if You're Feeling Sick

1. If you are experiencing flu-like symptoms and are concerned that you may have the H1N1 or the seasonal flu, please contact IES Abroad staff immediately—especially if you are running a fever.
2. If are sick, you should not go to the Center, classes, or travel. Also, we recommend that you avoid crowded places to the extent that is practical.
3. Keep your cell phone with you, charged, and turned on at all times in order to receive emergency information or to be able to contact staff or friends for assistance.
4. If anyone in your homestay, apartment, or residence hall falls ill with H1N1, let IES Abroad Staff know—IES Abroad has established protocols in place to support you.

WHAT ARE THE SYMPTOMS OF H1N1?

Symptoms are similar to those of a regular flu and may include **high fever, headache** and/or **body aches**, lethargy, coughing, sore throat, congestion, diarrhea and/or vomiting.