



## Does the thought of **FLU** have you feeling **BLUE**? Here's **5C's** you can do.

**Cover** your nose and mouth when you cough or sneeze( do it in a tissue or your elbow/sleeve) to prevent the spread of germs..

**Clean** your hands frequently or use hand sanitizers to help protect you from germs. Cleaning your workstations with alcohol based cleaners are also helpful.

**Consider** staying home if you are sick to protect others form exposure to your germs.

**Call** your healthcare provider if you experience a high, prolonged fever (above 102 degrees) with fatigue and achiness. Trouble breathing or shortness of breath.

**Communicate** with your professor(s) or immediate supervisor if you feel the need to be out from school or work.

For more information about H1N1 and the Seasonal Flu please visit the John Jay Health Services website at [www.jjay.cuny.edu/health](http://www.jjay.cuny.edu/health), [www.nyc.gov/health/H1N1](http://www.nyc.gov/health/H1N1), call 212-237-8052 or visit Room 1292N.