

Staying Healthy:



Your part in preventing H1N1

“Minimizing the effects of H1N1 is a shared responsibility.”

Janet Napolitano, Department of Homeland Security Secretary – July 23, 2009

How Germs Spread

Illnesses like the flu are caused by viruses that infect the nose, throat, and lungs. The flu and colds usually spread from person to person when an infected person coughs or sneezes.



How to Help Stop the Spread of Germs

- **Cover your mouth and nose when you sneeze or cough.** Cough or sneeze into a tissue and then throw it away. If you do not have a tissue, use your hand then wash your hands every time you cough or sneeze.
- **Clean your hands** often. Wash your hands with soap and warm water. Rub your hands vigorously together and scrub all surfaces for 15 to 20 seconds. The soap combined with the scrubbing action helps remove germs. **When soap and water are not available, alcohol-based hand wipes or gel sanitizers may be used.** Rub the gel in your hands until they are dry. The alcohol in the gel kills flu germs.
- **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks, and tables.
- **Stay home when you are sick and get medical advice when needed.** When you are sick or have flu symptoms, stay home, get plenty of rest, and check with a health care provider as needed. Also, please follow policies for reporting absences to your instructor or supervisor. Remember: Keeping your distance from others may protect them from getting sick. Common symptoms of the flu include:
 - fever (usually high)
 - headache
 - extreme tiredness
 - cough
 - sore throat
 - runny or stuffy nose
 - muscle aches, and
 - nausea, vomiting, and diarrhea, (much more common among children than adults).
- **Practice other good health habits.**

More information can be found at:

Arizona Department of Health Services
www.azdhs.gov/flu/h1n1/
 Maricopa County Health Department
www.wearepublichealth.org
 U.S. Centers for Disease Control
www.cdc.gov
 U.S. Government Flu Information
www.flu.gov

Learn more about the Maricopa Emergency Management System (MEMS)
www.maricopa.edu/mems



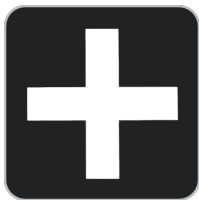
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Preparing for an Emergency

What is an emergency? A situation that poses an immediate or impending danger to people or property.



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What kinds of emergencies could happen?

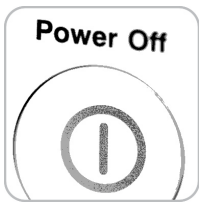
- *Health Hazards:*

This fall, health officials expect that H1N1 (Swine Flu) will be a significant health threat. Stay healthy with preventive hygiene like hand washing, covering coughs and sneezes, and staying home when sick.



- *Weather-related:*

In Arizona we experience flash floods and sudden storms. Be aware. Stay indoors during storms. Don't cross flooded streets or parks – on foot or in vehicles. If driving, pull to the side of the road and turn off lights. (people tend to follow lights)



- *Technological:*

Loss of technology resources (possibly due to weather related incidents). Back up all your documents, use anti-virus and other protective software, visit trustworthy websites.



- *Bio-hazards:*

Chemical spills, lab accidents, gas leaks, etc. This may also include fires. Understand the potential risks in your environment and what actions you will be expected to take if there is a lab accident or chemical spill. Always evacuate a building when the fire alarm sounds.



- *Violence/terrorism:*

If warned of a shooting incident, follow lockdown directives to secure your immediate area. Do not evacuate if danger is eminent.

How are emergency notifications issued?

Notification is based on urgency and danger levels.

Technology: MEMS Alerts - Students and employees at the Maricopa Community Colleges are automatically enrolled in the MEMS Alert system which will send text messages, e-mails, and digital messages to several devices depending on the situation. Make sure your contact information is updated in www.my.maricopa.edu to take full advantage of this service.

Emergency Preparedness websites are posted at both the District and College level – they warn of a variety of hazards on the Current Issues page – as well as post urgent emergency messages distributed through the MEMS Alert system.

www.maricopa.edu/mems

www.phoenixcollege.edu/mems

Specific situations, such as power losses, may prompt low-tech notifications. For example: in-person/door-to-door/bullhorn. Follow the instructions of authorized personnel.

Stop Immediate Threat or Harm – Report It

Call 9-1-1 for emergencies. Please do not ignore or disregard violence or threats against you or others – the college needs your assistance to make our campus safe. For assistance, call college Public Safety at: 602.285.7911

If you are concerned about the conduct of a student, employee, or visitor, you may, in addition to Public Safety, inform: Student Affairs, Human Resources, your instructor or your supervisor. In all cases, be sure to communicate that you feel the behavior involves violence or a violation of policies. You may be asked to provide your complaint in writing.

What am I responsible for knowing?

You must know three key directives:

- evacuate (i.e. fire)
- lockdown (i.e. shooter)
- shelter-in-place (i.e. storms)