



Los Medanos College

2700 East Leland, Pittsburg, CA 94565

925 439-2181, www.losmedanos.edu

Recommendations regarding the H1N1 (Swine) Flu Outbreak

Please take precautions and be safe:

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective. LMC has hand sanitizers distributed throughout the campus for your use.
- Cough or sneeze into your sleeve.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw used tissues in the trash.
- Avoid touching your eyes, nose, or mouth. Germs enter the body more easily through these areas.
- Whenever possible, avoid close contact with those who are ill.



PLEASE NOTE: At this time, there are no reports of the virus affecting Los Medanos College, our campus is safe and remains in full operation. We will continue monitoring regional and local developments on this situation and inform you if any additional measures become necessary.

Flu symptoms include fever, headache, tiredness, dry cough, sore throat, nasal congestions and body aches.

If you feel sick, you should stay home from work or school and contact your regular health care provider. To limit your exposure if you are ill, avoid contact with other people. We encourage students who are ill to stay at home and contact their health care provider. If you don't have a regular health care provider, you can call Contra Costa Advice Nurses at 1-877-661-6230 for help.

