



### **Flu Symptom Advisory for Outside Visitors to Princeton's Campus**

In light of continuing cases of H1N1 (swine) flu in New Jersey, the United States and around the world, Princeton University wants to ensure that visitors to campus and outside groups using University facilities are aware of the guidelines from the Centers for Disease Control and Prevention (CDC) for reducing the spread of influenza infection.

The University currently does not have plans to limit visitors to campus, but individuals should be aware of the CDC guidelines for preventing illness, particularly at large group events where there may be an increased risk for the spread of influenza among attendees. We leave it to campus departments sponsoring visitors and/or leaders of outside groups using campus facilities to communicate the following guidelines to their visitors as they best deem appropriate:

- **Stay at home if you're feeling sick.** Persons with flu-like symptoms (i.e., fever with either cough or sore throat) should stay home during illness and for at least 24 hours after their fever is gone. The CDC guideline is for fever to be gone without the use of a fever-reducing medicine.
- **Seek medical advice if you have flu symptoms.** Contact your personal physician if you develop flu-like symptoms. If you are a visitor on campus and would like to be evaluated by a health care provider, practitioners at Princeton Primary and Urgent Care Center, an independent health care facility in Princeton, N.J., may be available to see you. Visitors can call Princeton Primary and Urgent Care Center at (609) 919-0009 for further information or to schedule an appointment.
- **Use good hygiene practices.** Individuals should follow infection-control steps: cover your mouth and nose when you cough or sneeze; wash your hands frequently; and avoid touching your eyes, nose or mouth. Use of alcohol-based hand sanitizers also is recommended.
- **Take precautions if you are at high risk for complications.** Persons who are at high risk of complications from influenza (i.e. persons with certain chronic medical conditions, children less than five years old, persons 65 or older and pregnant women) should consider their risk of exposure to influenza if they attend public gatherings in communities where influenza is circulating.

Up-to-date information and guidance about influenza-like illness and H1N1 flu also is available on these websites:

- Centers for Disease Control and Prevention: <http://www.cdc.gov/h1n1flu/>
- New Jersey Department of Health and Senior Services: <http://www.state.nj.us/health/er/h1n1/>
- Princeton University H1N1 Web page: <http://web.princeton.edu/sites/emergency/swineflu/>