



QUESTIONS AND ANSWERS ABOUT THE FLU



WELCOME!

Welcome to the first edition of the Gustavus Adolphus College GUARDIAN, the official Campus Safety Newsletter for Gustavus. You'll find timely health and safety information articles that will assist students, faculty, and staff in illness, injury and crime prevention on campus and at home. Supervisors can also use the Gustavus GUARDIAN as an additional training tool to assist staff with ongoing professional development educational opportunities and regulatory safety training requirements.

We're on the web!
gustavus.edu/safety/

Campus Safety Department
800 West College Avenue
St. Peter, MN 56082
507-933-8888
gustavus.edu/safety

What is influenza (flu)?

Influenza is a contagious respiratory disease that can be prevented by immunization. It is not the same as the "stomach flu." Flu is caused by a virus that attacks the nose, throat, and lungs. It can cause mild to severe illness and at times can lead to death.

What are the symptoms of flu?

Influenza symptoms come on quickly in the form of fever, dry cough, sore throat, headache, extreme tiredness, stuffed-up nose, and body aches. These symptoms can be severe and put you in bed for several days.

How is the flu different from a cold?

A cold generally stays up in the head while the flu brings body aches, fever, and extreme fatigue. A person with a cold will usually keep up his or her normal activities, while someone with the flu will often feel too sick to do so.

How do vaccinations help?

The seasonal flu vaccine protects against three influenza viruses that research indicates will be most common during the upcoming season. Three kinds of influenza viruses commonly circulate among people today: influenza B viruses, influenza A (H1N1) viruses, and influenza A (H3N2) viruses. Each year, one flu virus of each kind is used to produce seasonal influenza vaccine.

Those most at risk for becoming seriously ill from the flu include:

People age 65 and older, young children, pregnant women, people with certain health conditions such as asthma, diabetes, and heart disease are at risk populations again this year. Getting a flu shot (or nasal spray) decreases your risk of catching the flu, so you won't pass it to people who risk getting very sick -- like babies, pregnant women, elderly people, and people who have chronic diseases. You cannot get the flu from a flu shot.

Should I get a flu vaccination this year?

Yes. Everyone older than 6 months of age should get flu vaccine this year. Even if you received the seasonal flu vaccine last year, you should still get seasonal flu vaccine.

What can you do to protect yourself and others?

- Get vaccinated.
- Avoid being exposed to others who are sick with a flu-like illness.
- Cover your nose and mouth with a tissue when you cough or sneeze, or cough or sneeze into your sleeve.
- Clean your hands often – with soap and water, or a hand sanitizer.
- Do not share drinking cups and straws.
- Clean commonly touched surfaces often (door knobs, refrigerator handles, microwave controls, phones, water faucets, shared computer work stations, etc).

What if you think you have the flu?

Stay home if you are ill. Rest and drink lots of fluids. Antibiotics will not help a person recover from the flu, because flu is caused by a virus, not by bacteria. Consult a doctor for severe complications.

Where can I find more information about the flu?

FLU.GOV:

<http://www.flu.gov/#>

Centers for Disease Control:

<http://www.cdc.gov/flu/>

MN Department of Health:

<http://www.health.state.mn.us/divs/idepc/diseases/flu/index.html>



CRIME ALERT/THEFT PREVENTION

Making Safe Choices –

Resources Available on the Campus Safety web page

<https://gustavus.edu/safety/>

Safety Training Videos

[Shots Fired On Campus: Guidance for Surviving an Active Shooter Situation](#)

[Common Sense Defense](#)

[Controlling Behavior](#)

[Everyday Safety](#)

[Protect Your Possessions and Identity](#)

[Stalking](#)

[Student Assaults](#)

[Safe Travel](#)

Weather and Roads

[MN Road Traveler](#)

[Information Service](#)

[The National Weather Service](#)

[The Weather Channel](#)

[Severe Weather Awareness](#)

Other Safety Resources

[Center for Campus fire Safety](#)

[Level 3 Predatory Offender Information](#)

[Security On Campus](#)

Contact Us

Email: safety@gustavus.edu

Location

Basement of "A" wing of Norelius Hall.

Over the Fall Semester the Lund Center saw an increase in the number of reported thefts. Campus Safety and the Saint Peter Police Department charged several individuals; however, thefts have continued into J-Term in the Lund Center. The suspects were targeting unattended backpacks and unlocked lockers. iPhones and credit cards were the main target items.

More crimes of theft are committed on the Gustavus campus than any other crime. Thefts are crimes of opportunity and occur primarily when property is left in unlocked or in unattended areas. In an attempt to alleviate this problem, the Campus Safety Department makes the following suggestions:

- Do not bring valuables to the Lund Center. If you do, please lock your valuables in a secured locker.
- Locks can be rented from the Lund Center Information Desk.

- Keep the door(s) to your room or residence and windows locked at all times.
- Report defective campus locks on windows and doors immediately to the Physical Plant Office at 7504.
- Do not put your name or address on key rings.
- If you lose the keys to your residence, have the lock(s) changed. On campus residents should notify Residential Life immediately.
- If you see a suspicious person or vehicle on campus, immediately contact the Campus Safety Department or the Saint Peter Police Department. Try to get the license plate number.
- Make sure you lock your vehicle at all times and keep valuables out of sight and locked-up.
- Always lock your bicycle. Invest in a good U-Bar bicycle lock. Locks are available in the Book Mark.
- Register your bicycle with Campus Safety.

The Gustavus Guardian can be used as an additional employee enhancement tool when routed through Departments. If used for training purposes, please return the signed form to Campus Safety (attach additional sheets as needed). For questions about this publication or article content suggestions for upcoming publications, please email Dale Plemmons at dplemmon@gustavus.edu.

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