QUESTIONS AND ANSWERS ABOUT THE FLU

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
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.

CRIME ALERT/ THEFT PREVENTION

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.