

Campus Safety Bulletin

November & December 2014

IN THIS ISSUE: HEALTHY HOLIDAYS TO YOU

For more information on
personal health visit:
www.cdc.gov.



**CAMPUS
EMERGENCIES
CALL "2911"
(336) 750-2911**

November and December include the busiest holiday season of the year. Whether it's Thanksgiving, Christmas, Hanukkah, Kwanzaa, New Year's Eve or some other celebrated day, the season generates a lot of social gatherings with family and friends across the globe. The joy the holidays bring is widely anticipated especially, if you're travelling to or hosting the loved ones most dear to you. The WSSU Police & Public Safety Department, along with our campus and community partners, want to emphasize how important it is for you to practice enhanced health and hygiene precautions as you interact with others over the holidays this year.

Remember the Basics on Health

Communicable diseases spread from person to person or animal to person through airborne viruses or bacteria, or blood or bodily fluids. Some are highly infectious while others are highly contagious. Disease producing germs, also called pathogens, are widespread, particularly when there is a group of people gathered together. Basic hygiene practices that you were taught as a child can go a long way towards preventing the transfer of viral germs from one person to another. It is important that you:

- Wash your hands regularly with soap and water
- Carry hand sanitizer
- Cover your cough or sneeze with a tissue or your upper sleeve or elbow
- Stay home if you're sick. Others don't want that as a gift from you.

Fighting Against the Common Flu

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. According to the Center for Disease Control (CDC), the best way to prevent the flu is by getting a flu vaccine each year. Since this virus spreads mainly by droplets from an infected person's cough, sneeze or general talk, our campus community must recognize the importance of exercising the hygiene practices above to minimize its spread on campus.

Are You Travelling?

If you plan on travelling during the holidays, practicing careful hygiene can be even more important since you may be exposed to more potential for illnesses. The CDC has also provided information that is especially useful relative to the current Ebola virus outbreak in West Africa.

- The CDC has issued a travel warning stating that nonessential travel to those countries affected by the Ebola outbreak should be avoided.
 - o If you must travel to Sierra Leone, Guinea or Liberia, avoid contact with an infected person's blood or body fluids.
 - o Do not handle items that may have come in contact with an infected person's blood or body fluids (such as clothes, bedding, needles, and medical equipment).
 - o Avoid contact with bats and nonhuman primates or blood, fluids and raw meat prepared from these animals.
- If you're travelling outside of the United States, you need to complete the campus "Self Reporting Form" as soon as you return.

By utilizing good health and hygiene practices, each of us contributes to the universal effort towards a strong and effective public health system. So, let's join forces to make this holiday season a joyous one, free from communicable disease. We say not only happy holidays, but also "Healthy Holidays to You."