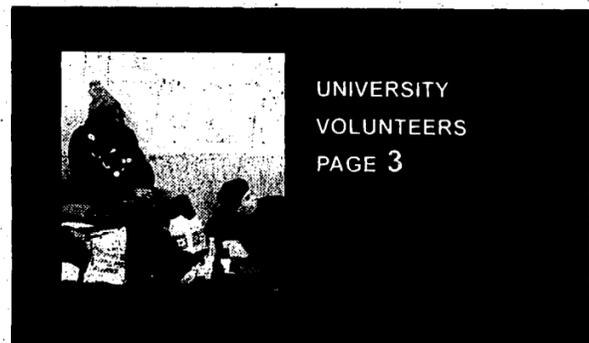
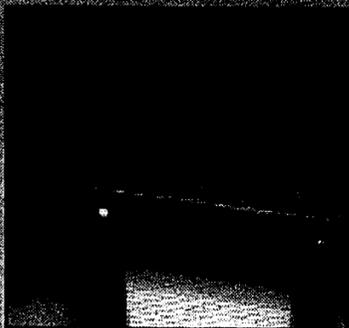


the MEREDITH Herald



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MEREDITH VS THE FLU

Jennifer Cash
Staff Writer



You're sitting in class and you hear it: "cough, cough." The person next to you is sick and you just came in contact with them. You wish you could move seats; you don't want to get sick. What do you do? Well luckily even when you get caught in a situation like that there are so many ways you can help prevent yourself from getting sick. Especially now with the new H1N1 (Swine-Origin Flu) in rapid spread and the regular seasonal flu about to hit, everyone can and needs to do their part to stay healthy.

The flu is a contagious infection in the nose, throat and lungs caused by the influenza virus. Symptoms of the flu include: fever (100.4 or greater) or chills and cough or sore throat. Symptoms may also include runny nose, body aches, headache, tiredness, diarrhea, or vomiting. If you have any of these symptoms you need to go to the health center right away. Sherri Henderson, Director of Health Services and Dr. Anne Smithson, College Physician, both strongly encourage students to get vaccinated for the flu. Meredith students, faculty and staff will get the opportunity to receive free flu shots if they have preventive benefits with Blue Cross Blue Shield of North Carolina. Blue Cross will be on campus five times which leaves plenty of opportunities to get vaccinated! For students who do not have Blue Cross, they can receive flu shots for \$20 in the Health Center. H1N1 is quickly spreading through colleges all over the nation; Wake Forest University, UNC Wilming-

ton and Emory University have already confirmed cases, as well as many others. The entire Meredith community needs to do their best at trying to stay healthy and keep from spreading germs. The people at the highest risk for H1N1 are people between the ages of six months and twenty four years old; that's a majority of the Meredith community! Others at high risk for H1N1 are pregnant women, healthcare and emergency medical personnel, and people with chronic conditions such as asthma, heart disease, or diabetes. A vaccine for H1N1 has been developed and Meredith has ordered a supply of them; check the Health Center website and e-news for more info on H1N1 vaccination clinics at Meredith. The Health Center will administer the H1N1 vaccine at no cost to those who receive the vaccine at Meredith.

The most important tip that both Ms. Henderson and Dr. Smithson gave is to WASH YOUR HANDS. Wash your hands frequently throughout the day for 15-20 seconds (that's the length to sing the Happy Birthday or ABC song twice). Every time you touch a door knob or sit down at a desk you are coming in contact with germs. It is also important to wash your hands before you eat. After you are done getting your food in the dining hall; set your food down and either get hand sanitizer (located at the entrance to both dining sides of the dining hall) or wash your hands. Other important tips for staying healthy are:

Cover your nose and mouth with a tissue when you cough or sneeze, if you do not have a tissue then cough into your elbow or shoulder, then wash your hands or use sanitizer. Avoid touching your eyes, nose, or mouth. Germs spread through these openings. Do not share food, drinks, or utensils with other people. Eat healthy, exercise, and get lots of sleep to help build your immune system. When out in public areas always use your own pen. No one thinks about it, but lots of germs are collected on pens used in public, especially at doctor's offices and pharmacies. Wash your hands after you've been in the grocery store. Grocery cart handles have more germs than toilets.

If you or anyone you know is sick or may have symptoms please contact the health center at (919) 760-8535. If you suspect your roommate or suitemates are sick and they choose to do nothing about it, contact your RA or RD because everyone needs to be stepping up to do their part in keeping our campus healthy. If you do get sick please stay home. It is important for students who have had a fever to stay home until at least twenty four hours have passed since they last had a fever. The fever should be gone without the use of fever-reducing medicine. Also, students should be seen in the health center before they return to class. If you are diagnosed with H1N1, students who live within a two hundred mile radius will be asked to go home by car, not public transportation. For

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TIME FOR FLU SHOTS

Faculty/Staff/Students
Mon., September 14th
Chapel Foyer
1 pm-4:30 pm

Faculty/Staff/Students
Thurs., September 17th
Dogwood A&B
9 am -1 pm

Faculty/Staff/Students
Friday, October 2nd
Kresge
9 am -1 pm

Faculty/Staff/Students
Weds., October 28th
Kresge
10 am -3 pm

Faculty and Staff only
Weds., October 28th
Azalea Room
10 am -3 pm

Green Tip for the Week of September 9

Take care of the clothes you have. If an issue arises such as a hole or a button falling off, either sew it back on or find the name of a local seamstress. Don't just throw it away.