

*This month's edition of the RIT Ready Newsletter focuses on how to help prevent the spread of illness or disease.*

There are simple things we can do as individuals to decrease our chances of getting sick, as well as preventing spreading germs (viruses and bacteria) that can cause illness or disease.

For example, [Hand, foot, and mouth disease](#) outbreaks have occurred at a number of college campuses this year, the first time a significant number of cases have appeared on college campuses. The best way to avoid this disease, and many other contagious diseases, is by following basic hygiene rules.

### **Wash your hands correctly (and often)**

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Hum the "Happy Birthday" song from beginning to end twice to gauge the time.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a paper towel or air dry them completely. Use hand sanitizer if nothing else is available.

### **Get vaccinated**

- Make sure all of your vaccinations are up to date. Students are required to get [certain vaccinations](#).
- See your doctor or healthcare professional about getting a flu shot every year - the flu vaccine protects against three or four flu viruses expected to be most common that flu season. Students can get a flu shot from the Student Health Center.

### **Other steps to prevent the spread of germs**

- Avoid close contact with people whom you to know to be sick.
- If you get sick, avoid others until your fever has been gone for 24 hours.
- Cover your mouth and nose when you cough or sneeze - use the crook of your elbow or a tissue, NOT your hands.
- Clean and disinfect surfaces that may have been contaminated by germs like the flu.

### **Follow the instructions of your healthcare provider**

- Adhere to all self-care instructions.
- Take the entire course of any medication as it is prescribed.

Much of the information for this newsletter is from the Centers for Disease Control and Prevention (CDC). Visit their [web site](#) to learn more about preventing the spread of illness and disease.



**Make sure your mobile phone number is in the [RIT Alert system](#).**

- Faculty and Staff – go to [myinfo.rit.edu](#) and add in the *phone numbers emergency notification information* area.
- Students – go to [SIS](#) and enter in the Cell/Mobile phone field of the *Personal Information* area.