

WHITMAN COUNTY  
**Department of Public Health**

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## Guidelines to Avoid Spreading H1N1 at Saturday's Game

\*Thursday, Sep. 3, 2009\*

### Contact:

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PULLMAN, Wash. – The Whitman County Health Department and Washington State University Health and Wellness Services welcome visitors and sports fans to Martin Stadium this Saturday to watch the Cougars take on Stanford at 3 p.m.

Those planning to attend the game should know that the campus is experiencing a substantial outbreak of H1N1 influenza. WSU Health and Wellness Services are seeing a steady stream of patients with influenza-like symptoms. At this point, the symptoms in the vast majority of the cases have been mild and have gone away within a few days; no one has yet required hospitalization.

Public health officials believe that attending the game and sitting in the stadium poses almost no risk to attendees. However, crowded indoor activities associated with the game may present an increased risk of influenza transmission. To reduce this risk, health officials request that everyone planning to attend the game follow these simple guidelines:

- Wash your hands frequently. Carry some alcohol-based hand sanitizer and use it if a wash basin is not readily available. Expect to see a number of hand-sanitizing stations set up at concession stand counters around Martin Stadium. Patrons will, of course, also have access to soap and water in restrooms.
- If you are ill with influenza (fever and cough or sore throat), please do not attend the game or game-related activities.
- If you have a condition that places you at high risk for complications from influenza (pregnancy, chronic lung or heart disease, diabetes, neurologic or immunologic disorder), consider not attending or restricting your exposure to crowds.

PUBLIC HEALTH \* VITAL RECORDS



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**Public Health**  
Prevent. Promote. Protect.

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- Avoid touching your mouth, nose and eyes. This is how germs spread.
- Don't share items you put in your mouth. This includes eating and drinking utensils, smoking materials and items like lip gloss or balm.
- Cover your coughs and sneezes with a tissue or your sleeve, not your hands.

For regular updates on the H1N1 situation at WSU, consult the university's H1N1 information page at <http://h1n1flu.wsu.edu/>

