

Infectious Disease Updates

To minimize the risk of any infectious disease, practice these daily preventive measures:

- **Cover** your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- **Wash** your hands often with soap and warm water (at least 20 seconds), especially after you cough or sneeze. Alcohol-based hand cleaners are an alternative but not as effective as hand-washing.
- **Avoid** close contact with sick people.
- **Stay home** from work or school and limit contact with others when you are sick to protect others
- **Avoid touching** your eyes, nose or mouth. Germs spread this way.
- **Don't share** food or drink items, utensils, tooth brushes, cigarettes, joints, or any other item that has been in contact with the mouth, saliva, etc. of another person
- **Take care of yourself:** eat healthy food, drink plenty of water, exercise, get plenty of rest, do not smoke and avoid alcoholic beverages.
- Make sure your **immunizations** are up to date, including an annual flu shot.

The Student Health Center monitors CDC recommendations and communicates with the Santa Clara County Public Health Department as well as other CSU Student Health Centers regarding preparedness for infectious diseases of concern.

Specific Infectious Diseases

1) Influenza (flu)

http://www.sjsu.edu/studenthealth/cold_flu/index.html

[http://www.cdph.ca.gov/healthinfo/discond/pages/influenza\(flu\).aspx](http://www.cdph.ca.gov/healthinfo/discond/pages/influenza(flu).aspx)

2) Pertussis (Whooping Cough)

http://www.sjsu.edu/studenthealth/docs/whooping_cough.pdf

<http://www.cdph.ca.gov/healthinfo/discond/pages/pertussis.aspx>

3) Measles

<http://www.cdc.gov/measles/>

<http://www.cdph.ca.gov/HealthInfo/discond/Pages/Measles.aspx>

4) Meningococcal Meningitis

<http://www.cdc.gov/meningococcal/>

5) West Nile Virus

<http://www.cdc.gov/westnile/faq/index.html>

6) Middle East Respiratory Syndrome (MERS)

<http://www.cdc.gov/coronavirus/mers/>

7) Ebola Virus Disease

<http://www.cdc.gov/vhf/ebola/about.html>

Ebola hotline: 855-421-5921

[Additional information on the Ebola Virus Disease.](#)