For Bennington College community members who have health care providers at Dartmouth-Hitchcock in Lebanon, NH, a flu shot is available through healthcare providers and many local pharmacies. The closest place to campus to receive a flu shot is Hannaford’s Pharmacy. Additionally, it is recommended to get a flu shot if you have not already done so this season. Flu shots are protection:

- Both the influenza virus and the novel coronavirus have similar recommendations for prevention and protection measures. Hand sanitizer stations have been added in the Commons Dining Hall and in Roz’s Cafe. We encourage all community members to take measures to protect themselves and prevent the spread of these viruses.

- prospering.
- The CDC has issued additional travel recommendations due to wide-spread and sustained community transmission of the coronavirus. These recommendations impact travel to: China, Iran, Italy, Japan, South Korea, and Hong Kong. As you prepare for Long Weekend, business, or academic-related travel, please use the CDC travel recommendations to inform your plans and consider the need to travel against the potential risk to yourself and the Bennington College community. In many cases, the safest option may be to postpone your travel.

Students Currently on Study Away/Exchange Programs
Academic Services staff are monitoring international travel warnings due to the coronavirus. In addition, faculty and staff need to be considered when planning travel. Please use the CDC travel recommendations to inform your travel plans and consider the need to travel against the potential risk to yourself and the Bennington College community. In many cases, the safest option may be to postpone your travel.

Prevention Measures
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- Stay home and away from public places when you are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Always wash hands with soap and water if your hands are visibly dirty.
- Avoid close contact with people who are sick.
- Cover any cough or sneeze with a tissue, then throw the tissue in the trash. If you don’t have a tissue, cover your mouth and nose with a sleeve or the back of your hand.

Influenza
Influenza, the flu, is active in our campus community, and we have confirmed cases present. The CDC recommends that flu activity is high and is predicted to continue for several weeks.

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Influenza
The flu is caused by the influenza virus, which can cause mild to severe illness and sometimes leads to death.

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if your hands are visibly dirty.
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