



Information and Guidance on the H1N1 Flu Virus

H1N1 flu continues to circulate throughout all communities. Cases have been confirmed cases on our campus as well as the surrounding areas. It is important for all members of the campus community to take precautions to minimize their exposure to the flu virus and decrease the spread of H1N1 flu. Further information is available at flu.gov website. We have updated the guidelines below to assist you in caring for yourself during this outbreak of flu:

Prevention

It is essential for individuals to take personal responsibility to decrease the spread of illness. As with any other seasonal flu, precautions should be taken to avoid becoming ill or spreading the illness to others. We recommend that all individuals get a seasonal flu shot and the H1N1 flu shots when they are available to help limit the number of persons who are sick. General Precautionary Measures include:

1. **Clean your hands:** Washing your hands **often** will help protect you from germs. Use of personal bottles of hand sanitizer can help when soap and water is not available.
2. **Cover your mouth and nose:** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
3. **Avoid touching your eyes, nose or mouth:** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.
4. **Avoid close contact:** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
5. **Stay home when you are sick** for 7 days or until you have been fever free (without taking fever reducing medication) for 24 hours. Stay home from work, school, the cafeteria and errands when you are sick. You will help prevent others from catching your illness and rest can ease complications. It is your responsibility to notify your professors and you must arrange for make-up work or exams.
6. **DO NOT PANIC.**

Symptoms and Response

Campus Residents and Students in Off-Campus Housing: If you develop flu-like symptoms, including a fever greater than 100° F **and** cough or sore throat, consider whether it is in your best interest to leave campus and go home. Before you contact the Student Health Center or another medical provider for treatment, confirm your fever using a thermometer. If needed, disposable Temp-Dot thermometers are available in your residence hall or at the Student Health Center. Ask someone, *preferably not your roommate*, to pick up the disposable thermometer for you.

If you have the symptoms listed above, it is important to control your fever by drinking a lot of fluids such as water, juice, ice or hot tea, sodas and/or sports drinks and using medications such as:

- Tylenol (acetaminophen) 2 tablets every 4 hours (do not use more than this dose however)
- Motrin/Advil (ibuprofen) 2 tablets **with food** every 4-6 hours
- Aleve (naproxen) 2 tablets **with food** every 12 hours

If you have the above symptoms **and** the following health problems or conditions, please contact the Student Health Center for an appointment:

1. You are pregnant or suspect you may be pregnant
2. You are under the age of 19 years
3. You have asthma for which you have taken medications in the past year
4. You have a chronic disease or are taking immunosuppressant medications
5. You have a fever that does not go below 100 when taking the above medications



It is expected that most individuals suffering from H1N1 flu will recover without needing medical care. Unless you have a severe illness, [are at high risk for flu complications](#), or otherwise find it necessary to seek medical care, you should inform your professors, stay home and minimize contact with others, including avoiding travel, work and school for seven days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. If you find it necessary to seek medical care, you should contact your health care provider. When you go outside to seek medical care, wear a facemask (if available) and cover your coughs and sneezes with a tissue.

Antiviral medication:

Prescription antivirals such as Tamiflu are effective in decreasing the severity and length of your illness if you have the flu and are effective in the short term for preventing the flu if you have close contact with someone with the virus. These medications must be started within 48 hours of the first symptoms of fever and cough or close exposure to and infected person or they are not effective. Please call the Student Health Center for more information. These medications are at local pharmacies and you will need to pay your insurance copayments or the cost of the medications to receive them.