



## ***Information about H1N1 (swine) Influenza***

### **What are the symptoms of the H1N1 (swine) flu?**

The symptoms of H1N1 flu virus in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with H1N1 flu virus also have reported diarrhea and vomiting. Seasonal flu usually lasts four to five days, but the H1N1 flu typically has a shorter duration.

### **What should I do if I get sick?**

Don't panic—the H1N1 virus, like the common cold or seasonal flu, typically runs its course without complication. Check your temperature and if you have an oral temperature greater than 100° F and body aches, contact your health provider for further evaluation. If you become ill, follow measures to limit the spread of the flu and avoid contact with others. To treat any influenza, drink plenty of fluids and eat according to your appetite.

### **What if I have to miss class or work?**

If you become ill, the Centers for Disease Control and Prevention (CDC) recommends self-isolation until you have had no fever for 24 hours. As you would with any illness, use your personal judgment. If you become ill, notify your supervisor or professor and stay home. Anyone who has an underlying medical condition or is pregnant should call their health care provider for advice, because you might need to receive influenza antiviral drugs to prevent illness.

### **What if a family member gets sick?**

The CDC advises that individuals who are well but who have an ill family member at home with H1N1 flu can go to work or school as usual. Monitor your health every day, and take everyday precautions including washing your hands often with soap and water. Alcohol-based hand cleaners are also effective.

### **Is this new virus dangerous?**

It's important to remember that most people who have become ill from the H1N1 virus have recovered without needing medical treatment or hospitalizations. Resulting deaths have typically included other complications. Individuals with a history of chronic medical conditions (such as asthma, diabetes or heart disease) may be at higher risk. People who are sick with influenza-like symptoms should stay away from others as much as possible (except to get medical care or for other necessities) for at least 24 hours after fever is gone without the use of fever-reducing medicine.

**Visit [rollins.edu/flu](http://rollins.edu/flu) for more information.**

### **How can I prepare in advance?**

Frequently sanitize any surfaces that are shared, such as doorknobs, faucet handles and kitchen surfaces. The CDC recommends having these supplies on hand in the residence halls or at home:

- thermometer
- tissues
- fever reducers
- cold/flu medications
- alcohol-based hand sanitizer
- disinfectant wipes
- ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups
- protein or fruit bars
- dry cereal or granola
- peanut butter or nuts
- dried fruit
- crackers
- canned juices/Gatorade-type drinks
- bottled water

### **What should I do to stay healthy?**

The DuBois Health Center encourages students, faculty and staff to take advantage of the flu vaccines offered by the health center. While these shots do NOT protect against H1N1, they will limit susceptibility to other strains of flu. When the H1N1 flu vaccine being developed becomes available, we will inform students about the vaccinations. In the meantime, simple and highly effective measures against the spread of a common cold or flu virus include:

- Carry a bottle of hand sanitizer with you and use it before eating or touching your face.
- Wash your hands with warm water and soap several times a day, especially after using the restroom.
- Cover your mouth with a tissue when you cough. Sneeze into your sleeve or toward the ground (when you sneeze into your hand then touch a door knob or shake a hand, you're spreading germs).
- Avoid touching your eyes, nose, and mouth. The virus often causes infection when it comes in contact with the eyes nose or mouth—this is how it enters the body. Keeping your hands away from these areas will reduce your chances of contracting the flu.
- Use a paper towel to turn the doorknob when leaving a public restroom then discard the paper towel.