



## ***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 or contact your Resident Assistant (RA) if you don't have a thermometer. RAs have been provided with disposable thermometers, masks and other supplies. Students with an oral temperature greater than 100° F and body aches should call the health center at 407-646-2235 to schedule an appointment for further evaluation (check our Web site at [Rollins.edu/health](http://Rollins.edu/health) for regular operating hours). On weekends and after clinic hours, urgent care centers in the area can be utilized.

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. Instant oatmeal and heat-and-serve soups are good options to keep on hand in your room for easy consumption.

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

If you become ill, stay out of class until you have had no fever for 24 hours. We do not contact professors so e-mail your professor directly if you will miss class. You may show your professors the check-out slip you received from the health center as evidence of your visit. If any of your professors are further concerned about the validity of your absences, you may discuss this with the health center. You must give the health center staff written permission to verify your illness to professors, parents or the Dean of Student Affairs Office.

### **What if my roommate gets sick?**

It is up to each individual as to whether they want to find another place to stay. Be aware that a person is contagious with the flu for 24 hours prior to having symptoms. So, you may have already been infected with the virus and may be spreading the illness to the people with whom you will be staying. If you decide to remain, you or your roommate should wear a mask when you are going to be within six feet of each other. It is also advisable to frequently sanitize any surfaces that are shared, such as doorknobs, faucet handles and kitchen surfaces.

### **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.

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

The Centers for Disease Control and Prevention 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 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.

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