

H1N1 FLU FACTS & RESOURCES

The H1N1 flu bug is predicted to bite hard this fall, and everyone needs to be ready for battle. To help protect your health and the health of the campus, here are some facts and resources for you.

H1N1 SYMPTOMS

The symptoms of H1N1 flu are similar to those of regular seasonal flu and include:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills and fatigue
- Diarrhea and vomiting

WHAT SHOULD I DO IF I GET SICK?

- Report to the OWU Student Health Center as soon as possible.
- Cover your coughs and sneezes with a tissue.
- Tell the Student Health Center staff of your concern, as you will be asked to wear a breathing mask and to avoid contact with others at the center.

Please Note: If you are sick, you may be ill for a week or more. Other than for medical care or necessities, you should stay home and avoid contact with others during your illness. If you are diagnosed with H1N1 flu and live in a residence hall, you may be moved to a private area to recover. You should not resume normal activities until at least 24 hours after your fever is gone. This includes not traveling and not returning to work or school. Before you resume regular activities, you should be fever-free without taking fever-reducing medications. For students diagnosed with either H1N1 or seasonal flu, Chartwells will offer special boxed meals that friends or roommates will be able to pick up and deliver – with pre-approval from the Student Health Center.

WHAT CAN I DO TO AVOID GETTING H1N1 FLU?

- Avoid touching your eyes, nose, mouth, and face as much as possible; this is how germs spread. Use your own pens to take notes, sign receipts, etc.
- Maintain good hygiene. Influenza is easily spread by coughing and sneezing, as well as by germs on people's hands. When washing your hands, apply soap to wet hands and thoroughly cover all areas including under your fingernails. Rub your hands together for at least 20 seconds and rinse well. Use a paper towel to dry your hands, and then use the towel to turn off the faucet and open the door.
- Cough and sneeze into disposable tissues and immediately place used tissues into a waste basket. Do not cough or sneeze into your hands; if a tissue is not available, cough or sneeze into your elbow.
- Follow good-health guidelines: eat nutritious foods, drink plenty of fluids, get enough sleep, stay physically active, and manage stress.

WHAT ABOUT FLU SHOTS?

Two shots are expected to be available this year: one for H1N1 flu and one for regular seasonal flu. The Centers for Disease Control has identified college students as priority recipients of the H1N1 vaccine, expected to be available in October. The Student Health Center will share vaccination clinic details when available.

WHERE CAN I GET MORE INFORMATION?

- Contact the OWU Student Health Center at (740) 368-3160
- Check the University's online H1N1 information at <http://safety.owu.edu/H1N1Influenza.html>
- Visit the CDC online at www.cdc.gov
- Visit the Delaware General Health District online at <http://www.delawarehealth.org>