

Seasonal and H1N1 Flu Tips: Information for College Students

The H1N1 influenza (flu) virus, formerly known as Swine Flu, is currently causing illness in people throughout the United States and countries around the world, causing the World Health Organization to declare a pandemic. The following information was obtained from the Centers for Disease Control and Prevention (CDC). We encourage you to keep up-to-date by visiting www.cdc.gov. The following information can be used for seasonal flu and H1N1 flu.

H1N1 RECOMMENDATIONS FOR STUDENTS

The CDC recommends the following primary ways to reduce spread of influenza at colleges and universities:

- Get your seasonal and H1N1 flu shots
- Practice good hand hygiene
- Cough or sneeze into your elbow, or use a tissue and then wash your hands
- Stay home or at your place of residence if you are sick until you have been fever-free for at least 24-hours without the use of fever-reducing medications. A fever is 100 degrees Fahrenheit or 38 degrees Celsius or higher.
- Talk to your health care provider to find out if you are at a higher risk of severe flu complications

RECOMMENDATIONS FOR ROOMMATES:

The CDC recommends the following primary ways to reduce spread of influenza if you think your roommate is sick:

- Limit contact with your roommate(s)
- Try to maintain a distance of six feet from your roommate(s)
- If contact cannot be avoided, you or your roommate should wear a surgical mask
- Frequently clean common surfaces like phones, doorknobs, and shared desktops



VACCINATION RECOMMENDATIONS:

- If you are pregnant or have a chronic medical condition such as asthma, heart disease, or diabetes; you should get a H1N1 flu shot when it is available.
- Until the vaccine is available, the Medina County Health Department is encouraging you to develop a preparedness kit, stay home if you are ill, wash hands frequently, and to cover coughs and sneezes with your elbow.

PROTECT YOURSELF, YOUR FAMILY, AND YOUR COMMUNITY EVERY FLU SEASON

- Stay informed – www.cdc.gov or www.medinahhealth.org. Tip sheets on caring for someone at home, what to do if you get sick, and preparedness checklists are available.
- Cover your nose and mouth when you cough or sneeze – use your sleeve or tissue.
- Wash your hands frequently with soap and water, especially after possible exposure to the flu virus. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose, and mouth – germs spread this way.
- Get prepared – have an emergency preparedness kit and plan for missing class.
- Get your seasonal flu shot. Contact the Medina County Health Department, Division of Public Health Nursing, for more details, or check our website for the latest flu clinic schedule.

IF YOU GET SICK, WATCH FOR THESE EMERGENCY WARNING SIGNS AND CALL YOUR DOCTOR IMMEDIATELY IF YOU HAVE:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve but then return with fever or worse cough



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