

**GET THE TRADITIONAL FLU VACCINE THIS FALL. SHARPEN YOUR IMMUNE SYSTEM BY PREVENTING CONTRACTING THE TRADITIONAL FLU THEREBY WEAKENING YOUR RESISTENCE TO CATCHING H1N1!**

## **Frequently Asked Questions about H1N1 Flu**

### **What is H1N1 (Swine) Flu?**

Novel H1N1 (referred to as “swine flu” early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spreads.

<http://www.cdc.gov/h1n1flu/qa.htm>

### **How does H1N1 (Swine) Flu spread?**

Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

Avoid sharing utensils, glasses and other eating implements. Carry hand sanitizers either the antiseptic soaked paper wipes or the liquid sanitizers. Whenever possible, wash your hands with soap and warm water for 20 seconds. Use friction. Sneeze and/or cough into facial tissue, disposing of used tissue in garbage receptacles immediately after use. Cough into the bend of your elbow and not into your hand if you do not have tissue. Use good common sense!

[http://www.idph.state.il.us/h1n1\\_flu/sf\\_qa.htm](http://www.idph.state.il.us/h1n1_flu/sf_qa.htm)

### **What are symptoms of H1N1 (Swine) Flu?**

Symptoms for H1N1 flu have included fever, headache, upper respiratory tract symptoms (cough, sore throat, runny nose), muscle aches and pains, fatigue, vomiting, or diarrhea. Illnesses among persons infected with H1N1 flu virus have mostly been treated at home, but some cases have been hospitalized and deaths have been reported.

<http://www.cdc.gov/h1n1flu/college-alert.htm>

### **What surfaces are most likely to be sources of contamination?**

- Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Droplets from a cough or sneeze of an infected person move through the air.
- Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches their own eyes, mouth, or nose before washing their hands.

<http://www.cdc.gov/h1n1flu/qa.htm#e>

## What can I do to protect myself from getting the flu (seasonal or H1N1)?

### Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. [Alcohol-based hand cleaners\\*](#) are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, [CDC recommends that you stay home for at least 24 hours after your fever is gone](#) except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.

<http://www.cdc.gov/h1n1flu/qa.htm>

## Will I be protected against H1N1 Flu if I receive the seasonal flu vaccine?

The seasonal flu vaccine is helpful in protecting you from the seasonal flu. It is not expected that it will also help protect you from the H1N1 flu virus.

## What do I do if I have influenza like illness (ILI) symptoms?

- You *don't* need to go to the emergency room unless you have severe symptoms, such as breathing problems.
- If you are sick, you may be ill for a week or longer. You should stay in your room/home (or make plans to go home) and keep away from others as much as possible, including avoiding travel and not going to work or school, for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of fever-reducing medicine.)
- For sneezes and coughs, cover your mouth and nose with a tissue. **Immediately** throw away used tissue. **Immediately** clean hands after each sneeze or cough.
- Avoid close contact with others.

- Get plenty of rest. Drink clear fluids to keep from getting dehydrated.
- If you experience the following symptoms, **seek medical attention** immediately:
  - Difficulty breathing or shortness of breath
  - Pain or pressure in the chest or abdomen
  - Sudden dizziness
  - Confusion
  - Severe persistent vomiting
  - Flu-like symptoms improve then return with fever and worse cough

<http://www.cdc.gov/h1n1flu/sick.htm>

## **Do I need prescription medicine if I have influenza like illness (ILI) symptoms?**

No, most people recover without prescription meds. If you are at high risk\* for complications from the flu, you may need to discuss medications with your physician. (high risk\* includes pregnant women, people with asthma, diabetes or other conditions affecting the heart, lungs, blood, liver or kidneys; people with weak immune systems)

Fevers and aches can be treated with acetaminophen (Tylenol®) or ibuprofen (Advil®, Motrin®, Nuprin®) or nonsteroidal anti-inflammatory drugs (NSAIDS). Examples of these kinds of medications include:

Acetaminophen- Tylenol

Ibuprofen- Motrin, Advil, Nuprin

Naproxen- Aleve

- Over-the-counter cold and flu medications used according to the package instructions may help lessen some symptoms such as cough and congestion. *Importantly, these medications will not lessen how infectious a person is.*
- Check the ingredients on the package label to see if the medication already contains acetaminophen or ibuprofen before taking additional doses of these medications—don't double dose! Patients with kidney disease or stomach problems should check with their health care provider before taking any NSAIDS.

For more information on products for treating flu symptoms, see the [FDA website](#).

## **What do I do if my roommate has influenza like illness (ILI) symptoms?**

According to the CDC website, those who are well but living with ill family members or roommates with flu-like illness can go about their daily business as usual. They need to monitor their health daily and take common sense precautions including washing hands often with soap and water or using alcohol-based hand cleaners. They are also encouraged to remain at least 6 feet away from the ill family member or roommate at all times. More info: [CDC Home Care Guide for Flu](#)

## **What do I do if a classmate has influenza like illness (ILI) symptoms?**

Please share the above information with fellow students. This information will be posted on the H1N1 flu website with links to and from Health Service and Emergency Management and Safety websites.

## **Will I be notified if someone at SIUe has a confirmed case of H1N1 flu? If yes, then how?**

Yes, you will be notified if a confirmed case of H1N1 occurs at SIUe. While all patient information is held confidentially in Health Service, surveillance of H1N1 is a matter of Public Health and therefore case information will be released in generic format only (no individual names will be released). Information will be posted on Health Service website and Madison County Health Department website.

<http://www.siu.edu/healthservice/>

<http://www.madisoncountyhealthdepartment.org/>

A weekly influenza surveillance report will be posted on the CDC website at <http://www.cdc.gov/flu/weekly/>