

H 1 N 1 I N F O R M A T I O N

PREVENTION

- Proper hand washing with hot water and soap.
- Sneeze and cough into elbow area, tissue, or cloth. Throw items away immediately.
- Use of anti-bacterial gel/lotion for hands.
- Use of antibacterial wipes or hot soapy water on hard surfaces in the classroom, on campus, and at home.
- When using Kleenexes, throw them away immediately, do not place them on a desk, in a purse, or in pockets.
- CDC recommends a yearly seasonal flu vaccination and when available, the H1N1 vaccination.

SYMPTOMS

- Fever of greater than 100 degrees
- Non-productive cough and/or sore throat
- Runny or stuffy nose
- Severe aches and pains including headache
- Shaking chills
- Lethargy, tiredness
- Pain or pressure in the chest or abdomen
- Irritable
- Severe or persistent vomiting and/or diarrhea
- Rapid onset within 3-6 hours and includes sudden symptoms like high fever, aches, and pains

ACTIONS

- Most hospitals are no longer testing for H1N1 so it is to the discretion of the individual to go to seek treatment. Some doctors will provide antiviral prescriptions.
 - If someone has a chronic condition, they should seek medical attention.
- If ill, persons should stay home and avoid contact with others for at least 24 hours after their fever is gone (without using any fever reducing medication).
 - Make arrangements with your instructors and/or supervisors so that you do not spread the virus to others by being in class or at work.