

# U.M.D. and the H1N1 Virus

## UNDERSTAND

1. Signs and symptoms of H1N1 include:

- **Fever above 100 degrees**
- **Cough**
- **Sore Throat**
- **Stuffy Nose**
- **Diarrhea and Vomiting**

2. The virus is spread when a person coughs or sneezes or by touching objects with the virus on it and then touching the nose, eyes or mouth.

3. Your risk is higher for more severe infection and complications from H1N1 if you:

- are pregnant
- have diabetes
- have immune-system suppression
- have chronic lung disease including asthma
- have heart, liver, kidney or blood system disorders
- are younger than 19 and on long term aspirin therapy

4. Anti-viral medication (Tamiflu) is currently indicated for treatment of H1N1 infection or prevention of H1N1 infection BUT only in patients considered to be at high risk for complications (see above). These recommendations may be updated in the future.

## MINIMIZE the Spread of H1N1

BY:

1. Going home, staying home, or staying in your room if ill until 24 hours after your fever has resolved without use of fever medications such as Ibuprofen or Tylenol.
2. Covering your mouth and nose EVERY time you cough or sneeze with a tissue or your sleeve.
3. Washing your hands often with soap and water or alcohol based hand sanitizer.
4. Avoiding touching your eyes, nose or mouth.
5. Avoiding close contact with people who are ill if possible. Staying at least 6 ft away may help.
6. IF ILL, wearing a surgical mask when leaving your room to use the bathroom or to visit Health Services (available in drug stores).

## DO

1. Get vaccinated for seasonal influenza as soon as possible this fall. Flu clinics will be held starting in early September here on campus.
2. Watch for information about the H1N1 vaccine and become vaccinated (2 shots, one month apart) when available.
3. Call Health Services at 726-8155 FIRST if you have concerns about symptoms that might be H1N1 or have questions about treatment.
4. Follow the MINIMIZE guidelines (#3, #4, #5) if your roommate is ill.