

You & the FLU

Know the Flu

The new H1N1 "swine" flu is spreading rapidly here as it is across the country and the world. It causes illness in young adults and children more often than the elderly, who are more affected by seasonal influenza. Like seasonal flu, H1N1 is quite contagious.

Diagnosis of flu is based primarily on symptoms and knowledge of viruses in circulation in the region. Public health officials authorize testing only in rare circumstances.

Most people who get the flu recover fully at home with self-care and do not need medical treatment. Flu does pose more of a risk for some,

especially those with certain chronic medical conditions (e.g., asthma, diabetes, immune suppression, heart, lung, liver, and kidney disease), pregnant women, people under 5 and over 65. Treatment with antiviral medications like Tamiflu usually is recommended only for people in these higher risk groups or those with serious illness.

While many are concerned about H1N1, we expect the typical seasonal flu to arrive on schedule, making the need for preparation and active prevention especially important.

Do Your Part

Make flu prevention routine.

Wash your hands frequently; keep hand sanitizer in your bag or work space; cover sneezes and coughs; don't share things like glasses, eating utensils, and lip balms.

Get a flu kit.

Include a thermometer, acetaminophen/ibuprofen (NOT aspirin), lozenges, decongestants, face masks, and plenty of fluids.

Get vaccinated when possible.

Watch for notices from campus Health Services about seasonal flu clinics and updates about the availability of H1N1 vaccine.

Clarify protocols.

Know what to do about flu-related absences and/or responsibilities.

If you have dependents:

Make a plan for alternative care of children and/or elders.

Spread the word.

Display flu posters in classrooms, offices, shared kitchens and restrooms, talk with friends and family.

What to Do if Someone Gets the Flu

- ⊙ Self-isolate: stay out of circulation (work, classes, social events) and at least 6 feet from others (unless wearing a face mask) until you have been fever-free for at least 24 hours without the use of fever-reducing medications.
- ⊙ Stay in and heal: manage flu symptoms with items in your flu kit.
- ⊙ Consult by phone with your health care provider if you have any questions, worrying conditions or symptoms, or concerns for yourself or others. (Students can call campus Health Services.)
- ⊙ Seek immediate medical care if you develop: shortness of breath, difficulty breathing, pain or pressure in the chest or abdomen, sudden dizziness, confusion or change in level of consciousness, severe or persistent vomiting or flu-like symptoms that improve but then return with fever and worse cough.

Flu Resources

- Important campus flu updates are posted at www.flu.gov, ny-health.gov & www.cdc.gov/h1n1flu.
- Information about H1N1, as well as flu prevention, vaccination, treatment, and printable fact sheets and posters are at www.nyscha.org.
- General flu questions can be directed to the New York State Hotline at 800-808-1987.



Flu Symptoms

Typically include sudden onset of a FEVER* and one or more of the following:

Headache

Stuffy or runny nose

Sore throat

Body aches

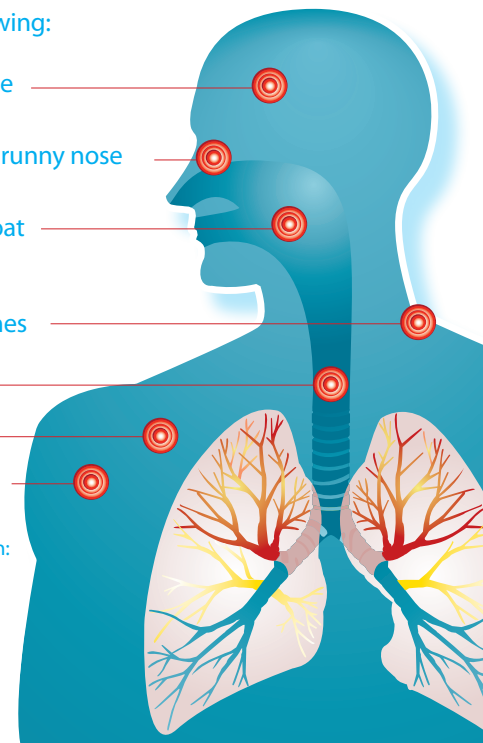
Cough

Chills

Fatigue

★ less common:
vomiting or
diarrhea

* not everyone
with flu has a
fever



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