2009 Flu Information:

Seasonal Flu and Novel H1N1

The following information was adapted from Centers for Disease Control (CDC) flu website: http://www.cdc.gov/flu/

What is the difference between H1N1 and the Seasonal Flu?

- H1N1 is also known as new H1N1, novel H1N1, and was previously called the swine flu
- H1N1 is referred to as new or novel because it is the first time this particular strain of H1N1 has been identified by scientists
- H1N1 was called the swine flu because at first it seemed similar to viruses found in swine populations
- On further investigation the virus was found to differ from the typical swine flu strains
- Seasonal flu refers to influenza viruses types A and B which are responsible for seasonal flu epidemics each year

How will H1N1 affect the upcoming flu season?

- H1N1 has continued to cause illness over the summer, a normally flu-free season
- The CDC is not sure of the affect, but believe H1N1 may cause an increase in cases of flu-like illness
- At this time, H1N1 is not considered a more severe illness than seasonal flu

How can I prevent catching and spreading the flu?

Vaccination

- The first and most important protection against seasonal flu is a yearly flu vaccination
- Seasonal flu vaccines are administered in the fall before the season begins
- Receiving flu vaccine in the fall allows time for the body to develop antibodies (immunity) to the flu before the flu season begins
- Typically the flu season runs its course from late winter to early spring
- Vaccination is needed each fall because influenza viruses constantly change and become resistant to previous vaccines
- A vaccine to protect against a H1N1 is being developed and should be available this fall
- Vaccination against H1N1 will be the most important step in countering the possibility of a severe flu season
- College-aged students are considered a targeted population for the H1N1 vaccine
- Alfred University students will be offered H1N1 vaccination if the vaccine becomes available

Personal Hygiene

- Good hand washing with soap and water when available
- Hand sanitation with a hand gel product containing 60%-95% isopropanol or ethanol or ethyl alcohol
- Cover your mouth with a tissue or cough or sneeze into your bent elbow

Strengthen your Immunity

- Get enough sleep
- Eat plenty of fresh fruits and vegetables
- Avoid using tobacco products and intoxication with alcohol or illicit drugs
- Develop stress management skills
- Get regular exercise
Alfred University
Wellness Center
19 Park Street
607-871-2300

Social Distancing
- Keep a reasonable distance of 3 to 6 feet between yourself and others
- DO NOT SHARE drinks, water bottles, utensils, or eat/drink after another person
- Avoid close contact with people who are ill
- If ill with flu-like symptoms stay home and call Health Services at 607.871.2400
- If you are ill with flu or flu-like symptoms stay home for 24 hours after your fever (100F) is gone, without the use of fever reducing medicines (Advil, Tylenol, etc.)

Keeping Things Sanitized
- Clean hard surfaces (keyboards, door knobs, faucet handles, phones, etc.) with bleach or sanitizers
- Clean up after yourself
- Dispose of used tissues or other personal products in the trash

How will I know I have the flu?

Symptoms
- Fever of 100F or higher
- Dry cough
- Sore throat
- Body aches
- Chills
- Fatigue
- Some people with H1N1 have also reported diarrhea or vomiting
- Headache

What should I do if I have flu-like symptoms?
Self-Care
- Call AU Health Services if you have flu symptoms at 607.871.2400 Keep away from others to avoid making them sick
- H1N1 and the seasonal flu may worsen underlying chronic medical conditions like diabetes or asthma, notify Health Services if you have flu-like symptoms and a chronic medical condition
- If ill with flu-like symptoms stay home and call Health Services at 607.871.2400
- If you are ill with flu or flu-like symptoms stay home for 24 hours after your fever (100F) is gone, without the use of fever reducing medicines (Advil, Tylenol, etc.)
- Let those you’ve been in close contact with over the past week know that you have the flu, so they can take early measures to avoid illness
- Get plenty of rest
- Stay hydrated by drinking clear fluids (water, broth, sport drinks)
- Upon your request Health Services can provide documentation of illness (i.e. for communicating with faculty or employers)

Emergency Warning Signs (Get Immediate Medical Care)
- Shortness of breath or difficulty breathing
- Pain or pressure in the chest or abdomen
- Signs of dehydration such as sudden dizziness when standing or absence of urination
- Confusion
- Severe or persistent vomiting