

Swine Flu – H1N1

Is Union University prepared for the current pandemic?

While no one can anticipate every scenario with a sickness like influenza, Union, in coordination with our local Health Department and other health officials, has taken the proactive steps outlined below.

Are there human infections with novel H1N1 virus in the U.S.?

Yes. Human infections with the new H1N1 virus are ongoing in the United States. Most people who have become ill with this new virus have *recovered without requiring medical treatment*.

Is novel H1N1 virus contagious?

CDC has determined that novel H1N1 virus is contagious and is spreading from human to human.

Is there a vaccine?

Yes. Clinical trials are now happening and the vaccine should be available in Union's Health Clinic by fall. College students are among those that are considered a priority and are strongly encouraged to get vaccinated for the seasonal flu as well as H1N1. At this time, dates and cost of vaccine are still unknown but this information will be distributed as soon as Health Services gets the information.

How does novel H1N1 virus spread?

Spread of H1N1 virus is thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. *Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.*

What are the signs and symptoms of this virus in people?

The symptoms of novel H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting.

How severe is illness associated with novel H1N1 flu virus?

Illness with the new H1N1 virus has ranged from mild to severe. While most people who have been sick have recovered without needing medical treatment, hospitalizations and deaths from infection with this virus have occurred.

How does novel H1N1 flu compare to seasonal flu in terms of its severity and infection rates?

With seasonal flu, we know that seasons vary in terms of timing, duration and severity. Seasonal influenza can cause mild to severe illness, and at times can lead to death. H1N1 flu has caused greater disease problems in people younger than 25 years of age than older people.

How long can an infected person spread this virus to others?

People infected with seasonal and novel H1N1 flu shed virus and may be able to infect others

from 1 day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with weakened immune systems and in people infected with the new H1N1 virus.

What can I do to protect myself from getting sick?

The H1N1 vaccine is in production and in clinical trials at this time.

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, the 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.

What is the best way to keep from spreading the virus through coughing or sneezing?

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. Cover your mouth and nose with a tissue when coughing or sneezing. Put your used tissue in the waste basket. Then, clean your hands, and do so *every* time you cough or sneeze.

If I have a roommate who is sick with flu, should I go to class?

Students who are well but who have an ill roommate with swine flu can go to work and class as usual. These students should monitor their health every day, and take everyday precautions including washing their hands often with soap and water, especially after they cough or sneeze. Alcohol-based hand cleaners are also effective. If they become ill, they should notify their professors and Health Services (at pmayer@uu.edu) and stay home or in your room.

What is the best technique for washing my hands to avoid getting the flu?

Washing your hands often will help protect you from germs. Wash with soap and water or clean with alcohol-based hand cleaner. CDC recommends that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. When soap and water are not available, *alcohol-based disposable hand wipes or gel sanitizers may be used*. You can find them in most supermarkets and drugstores. ***If using gel, rub your hands until the gel is dry***. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

What should I do if I get sick?

If you live in areas where people have been identified with novel H1N1 flu and become ill with influenza-like symptoms, including fever, body aches, runny or stuffy nose, sore throat, nausea,

or vomiting or diarrhea, you should stay home and avoid contact with other people. Union University Health Services 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.) Stay away from others as much as possible to keep from making others sick. Staying at home means that you should not leave your home/dorm room within Residence Life, except to seek medical care. This means avoiding normal activities, including work, school, going to the Union Dining Hall, travel, shopping, social events, and public gatherings (chapel, sporting events).

If you become ill and experience any of the following warning signs, seek medical care. Some suggestions for health care providers:

Call 911 if you have an emergency

Reliable care can be received at the following locations:

Convenient Care North
731-660-8361
2859 Hwy 45 By-Pass, Jackson, TN
Monday-Saturday: 9:00 a.m. - 9:00 p.m.
Sunday: 1:00 p.m. - 9:00 p.m.
No appointment is needed

Cindy DeSio, APRN
Greystone Medical Clinic
731-661-0131
1044 Greystone Square, Jackson, TN

Physicians Quality Care
2075 Pleasant Plains (By the Books-a-Million strip mall)
731-984-8400

West Forest Family Medical Center
779 West Forest Ave
731-541-2900
(Will work with uninsured to arrange a payment plan.)

Emergency Room of Regional Hospital
731-661-2095
367 Hospital Blvd., Jackson, TN
(Across the Bypass, off Channing Way)
Open 24 hours, 7 days a week

Emergency Room of Jackson Madison County General Hospital
731-425-6280

708 West Forest Ave., Jackson, TN
Open 24 hours, 7 days a week

Charges related to treatment at any facility other than the Student Health Clinic are the responsibility of the patient (student, faculty or staff).

Students living on campus should notify their Resident Director in case of a medical emergency (731-298-7768) after calling 911. Evening Commuter students with medical emergencies may receive assistance by calling the union Security Officer on duty at ext. 5018 from a campus phone or 661-5018 from an outside line. Students may also reach a security officer on the 24 hour security cell phone: 731-394-2922

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

Are there medicines to treat novel H1N1 infection?

Yes. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. During the current pandemic, the priority use for influenza antiviral drugs during is to treat severe influenza illness (for example hospitalized patients) and people who are sick who have a condition that places them at high risk for serious flu-related complications.

How long can influenza virus remain viable on objects (such as books and doorknobs)?

Studies have shown that influenza virus can survive on environmental surfaces and can infect a person for 2 to 8 hours after being deposited on the surface.

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, for example, and then touches their own eyes, mouth or nose before washing their hands.

What room cleaning should be done to prevent the spread of influenza virus?

To prevent the spread of influenza virus it is important to keep surfaces (especially common tables, surfaces in the bathroom, kitchen counters) clean by wiping them down with a household disinfectant according to directions on the product label.

Fever and pain-reducing medicines:

Check with your healthcare provider or pharmacist for correct, safe use of medications

Antiviral medications can sometimes help lessen influenza symptoms, but require a prescription. Most people do not need these antiviral drugs to fully recover from the flu. However, persons at higher risk for severe flu complications, or those with severe flu illness who require hospitalization, might benefit from antiviral medications.

Influenza infections can lead to or occur with bacterial infections. Therefore, some people will also need to take antibiotics. More severe or prolonged illness or illness that seems to get better, but then gets worse again may be an indication that a person has a bacterial infection. Check with Health Services if you have questions.

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:

Generic Name	Brand Name(s)
Acetaminophen	Tylenol®
Ibuprofen	Advil®, Motrin®, 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.

Check with your health care provider or pharmacist if you are taking other over-the-counter or prescription medications not related to the flu. For more information on products for treating flu symptoms, see the [FDA website](#).

If you have any questions, please contact Union Health Services at 731-661-5284 or email at pmayer@uu.edu