

H1N1 FLU – WHAT COLLEGE STUDENTS NEED TO KNOW

You may be wondering why the pandemic H1N1 “flu” is getting so much attention. A pandemic flu is a new flu virus that spreads easily from person-to-person, and causes illness worldwide. Since it’s new, people have no or little immunity – or protection – against it.

What’s also different is this new flu is affecting large numbers of young people between the ages of 5 and 24 years old. It’s important to know that most young, healthy people will recover at home without any special medical attention.

What to Do If You Think You’ve Been Exposed to H1N1

- **If you feel fine and have no symptoms** you do not need to call or see a doctor, and you don’t need to miss school or work.
- **Watch for flu-like symptoms.** Monitor yourself for a fever over 100 °F plus a cough, sore throat, runny or stuffy nose, body aches, headaches, chills, and fatigue.

What to Do If You Are Sick with Flu-Like Symptoms

- **If you’re sick, stay home and keep away from other healthy people.** If you have a fever plus another symptom stay home. Stay home until you no longer have a fever for at least 24 hours – without taking any fever medications.
- **Get plenty of rest** and make sure to drink lots of water and other healthy clear liquids.
- **Treat fevers and aches with over-the-counter flu medicines.** Follow the manufacturer’s instructions.

When to Call or Go to a Doctor

- You have an underlying medical condition.
- Your symptoms get worse.
- You have trouble breathing.
- You get dehydrated from vomiting and/or diarrhea.

When to Go to the Emergency Department

Go to the emergency department if you have any of the following symptoms:

- Shortness of breath
- Trouble breathing
- Seizures
- Chest pain
- Continued vomiting
- Confusion

To Help Prevent the Spread of Flu

- **Get your flu vaccines.** If you haven’t gotten your seasonal flu vaccine – get it now. Once the H1N1 vaccine is available, get that too.
- **Keep up good health habits.** Wash your hands and cover your cough.
- **Stay informed.** Get the latest updates by visiting our website at www.sccphd.org and becoming a fan of our page on Facebook at www.facebook.com/sccpublichealth or on MySpace at www.myspace.com/sccpublichealth

