

# What COLLEGES Need To Know about Flu



## Signs & Symptoms of Flu:

1. Sudden onset of symptoms
2. Fever over 100° F in adults, and as high as 103° to 105° F in children
3. Chills and sweats
4. Headache
5. Dry cough; can become severe
6. Muscle/joint aches and pains
7. Fatigue and weakness
8. Loss of appetite
9. Diarrhea and vomiting

### What you need to know about H1N1

- H1N1 is also called "Swine" flu
- It is a contagious respiratory illness caused by influenza viruses; spreads from person to person (cough, sneeze, runny nose).
- H1N1 has caused disease in more people younger than 25 years of age than in older people.
- People with certain chronic conditions may be at high risk for serious flu complications and should consult their physician.
- Those contagious can infect others from 1 day before getting sick to 5 to 7 days after, possibly longer in children and people with weakened immune systems.



### PREVENTION IS KEY

- **Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- **Cover your mouth and nose with a tissue when you cough or sneeze.** If you don't have a tissue, cough or sneeze into your elbow or shoulder, not your hands.
- **Stay home or at your place of residence if you are sick** for at least 24 hours after you no longer have a fever (100° F or 38° C) or signs of a fever (chills, feel warm, flushed appearance, sweats). This should be determined without the use of fever-reducing medications. Staying away from others while sick can prevent others from getting sick too. Ask a roommate, friend, or family member to check up on you and to bring you food and supplies if needed.
- **Talk to your health care provider** to find out if you should be vaccinated for seasonal flu and/or 2009 H1N1 flu. Information about 2009 H1N1 flu vaccination can be found at: [www.cdc.gov/h1n1flu/vaccination](http://www.cdc.gov/h1n1flu/vaccination). Information about seasonal flu vaccine can be found at: [www.cdc.gov/flu/protect/keyfacts.htm](http://www.cdc.gov/flu/protect/keyfacts.htm).
- **Frequently clean your living quarters.** If you live together with other students, you should frequently clean commonly-used surfaces such as doorknobs, refrigerator handles, remote controls, computer keyboards, countertops, faucet handles, and bathroom areas.
- Plan to **monitor your health**, get plenty of rest, exercise & eat a healthy diet.
- **Talk with your health care provider** to see if you are at higher risk for complications from flu.
- **Update emergency contact lists.**
- **Learn more** about your institution's pandemic response plan.

### If flu conditions become MORE severe, students, faculty, and staff should consider the following steps:

- **Extend the time you stay home or at your residence** to at least 7 days, even if you feel better sooner. If you are still sick after 7 days, continue to stay home until at least 24 hours after your symptoms have completely gone away.
- **Prepare for the possible suspension of classes** by planning to continue your work at home, and find a place where you can stay either by going to your home, home of a relative, or close friend of the family.

### FOR MORE INFORMATION

529 E. Home Rd. Springfield, Ohio 45503  
937-390-5600

[www.ccchd.com](http://www.ccchd.com) • [www.odh.ohio.gov](http://www.odh.ohio.gov) • [www.cdc.gov](http://www.cdc.gov) • [www.flu.gov](http://www.flu.gov)