

H1N1

What should I do?

September 22, 2009

While there have been persons on campus and in the area experiencing influenza-like illness (ILI), or influenza symptoms, because health care providers are testing for H1N1 only in rare cases, most of the time we will not know if someone has H1N1 or seasonal influenza. However, since most cases of influenza are currently H1N1, it is highly likely that we have H1N1 circulating in this area. Symptoms of influenza include fever, coughing and/or sore throat, runny or stuffy nose, headaches and/or body aches, chills, fatigue, and may include nausea and vomiting.

Please spread the word to friends or colleagues, and if faculty and staff wish to discuss this briefly in their classes, that would be great:

Stay Home When You Are Sick:

Regardless of whether it is H1N1 or seasonal influenza, **if you have influenza symptoms, you should stay home, meaning do not go to classes or work** for at least 24 hours after you no longer have a fever (100 degrees Fahrenheit or 38 degrees Celsius), or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating), without the use of fever-reducing medicines (except if you need to seek medical care). Ask a roommate, friend, or family member to check up on you and to bring you food and supplies if needed. Disposable thermometers are available at each residence hall front desk and the Student Health Services office at 211 Hagestad Hall.

For students who have influenza symptoms, contact your instructors via email or phone to let them know you will not be in class. You should be fever-free without fever-reducing medications for 24 hours before you return to your normal activities, including going to classes, even if you have a test. You are expected to make arrangements to retrieve class notes from a peer and complete all missed work in a reasonable time frame. Communicate with your instructor if you have questions. Unless students live in the residence halls, we are not currently asking students to report in if they are ill, except to notify their course instructors. Students living in the residence halls who become ill should contact residence hall staff. For more information for residence hall students, go to <http://www.uwrf.edu/emergency/Res%20Hall%20Students.pdf>.

In most cases, **healthy individuals who develop influenza symptoms do not need to seek medical attention.** Health care providers are not testing for H1N1 in most cases and are generally not treating healthy individuals with uncomplicated cases of influenza. For this reason, the Centers for Disease Control is recommending that **a doctor's note to confirm illness or recovery NOT be requested.** Those with underlying medical conditions who develop influenza symptoms or who are directly exposed to influenza should contact their health care provider. In addition, if you have influenza symptoms, and you develop complications, such as difficulty breathing or chest pain, have purple or blue discoloration of your lips, are vomiting and unable to keep liquids down, or show

signs of dehydration, such as feeling dizzy when standing or being unable to urinate, then you should seek medical attention as soon as possible. UWRF students can contact the River Falls Medical Clinic at 425-6701 or their own health care provider. UWRF faculty and staff should contact their health care provider.

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 into your hands.

Get Vaccinated Against Influenza:

Persons will need separate vaccines for seasonal and H1N1 influenza. Seasonal influenza vaccines are currently available at numerous locations, and the H1N1 vaccine will be available in the next few weeks. For more information about influenza vaccination and where persons can go to get vaccinated, go to <http://www.uwrf.edu/emergency/InfluenzaShots2009-2010.pdf>.

These are current recommendations regarding H1N1 and seasonal influenza, but recommendations may change, so continue to check for updated information.

To learn more about H1N1 and seasonal influenza, check out <http://www.pandemicflu.gov/> or <http://www.flu.gov/> or Wisconsin's Pandemic Flu Resource available at <http://pandemic.wisconsin.gov/>. In particular, check out Take 3 Steps to Fight the Flu at <http://www.cdc.gov/flu/protect/preventing.htm>. There are many things individuals and can do to be prepared. To learn more, go to <http://pandemicflu.gov/individual/index.html> or check out the Wisconsin Pandemic Influenza Toolkit for Families at <http://pandemic.wisconsin.gov/>.

For more information about H1N1 influenza and the University's response, go to <http://uwrf.edu/emergency/>. For more information or questions, contact Student Health Services at 425-3293 (<http://uwrf.edu/studenthealth/>).

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