

**University Health Advisory
(July 27, 2009)**

Faculty, Staff and Students,

We continue to monitor through the World Health Organization (WHO), Centers for Disease Control (CDC) and South Carolina Department of Health and Environmental Control (DHEC) H1N1, formerly known as Swine Flu, related events. Below is supplemental information and helpful links:

As of July 16, 2009, WHO no longer requires countries with community-wide transmission of H1N1 to submit regular reports of individual laboratory-confirmed cases; countries are advised to focus resources on investigating severe and unusual cases; the pandemic alert level remains at Phase 6, characterized by the geographical widespread of human infection.

CDC reports 43,711 confirmed cases in United States. On July 24, 2009, CDC announced it would no longer report the number of individual confirmed and probable cases of novel H1N1 influenza nationwide; CDC will only report the total number of hospitalizations and deaths each week and track the progress of the novel H1N1 flu outbreak.

DHEC reports 244 confirmed cases in South Carolina (SC); more than 400,000 courses of antiviral treatment available in SC; suspects the worst is over in SC, although virus may resurface in the fall.

SHS reports 0 suspected cases in health services, per Influenza-Like Illness (ILI) Surveillance Screening Tool; facemasks available for students with ILI.

Good Health Habits for Prevention:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Frequent hand washing with soap and water (wash hands for at least 15 seconds); [watch podcast](#).
- Use alcohol-based hand sanitizers to clean hands, if soap and water not available.
- Avoid touching your eyes, nose or mouth.
- Try to avoid close contact with sick people.
- If sick, stay home from work or school and limit contact with others.
- Eat healthy and get plenty of rest.

Helpful Links:

<http://www.cdc.gov/swineflu/> (CDC)

<http://www.scdhec.gov/flu/swine-flu.htm> (DHEC)

<http://www.pandemicflu.gov> (Department of Health and Human Services)

If you are experiencing flu like symptoms, please contact your primary health care provider. Students are advised to contact Student Health Services.