

**University Health Advisory**  
**(August 10, 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:

On August 6, 2009, CDC announced new recommendations for the amount of time persons with influenza-like illness (ILI) should be away from others:

- ✚ CDC recommends that people with ILI remain at home until at least 24 hours after they are free of fever (100° F [37.8°C]), or signs of a fever without the use of fever-reducing medications. This is a change from the previous recommendation that ill persons stay home for 7 days after illness onset or until 24 hours after the resolution of symptoms, whichever was longer. The new recommendation applies to camps, schools, businesses, mass gatherings, and other community settings where the majority of people are not at increased risk for influenza complications.

DHEC advises health care providers about Pre-Registration for H1N1 Vaccines and Antiviral.

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.*