

**University Health Advisory  
(August 24, 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 20, 2009, CDC provided updated Guidance for Institutions of Higher Education (IHE) which include recommendations *to consider* if the flu begins to cause more severe disease. The new guidance for IHEs may be found at <http://www.cdc.gov/h1n1flu/institutions/guidance/>

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.*