

**University Health Advisory
(August 31, 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 28, 2009, CDC reports influenza activity is either stable, or is increasing in some areas; influenza activity appears to be increasing in the Southeast based on ILI data reported by health care providers; two states (Alaska and Georgia) and Puerto Rico are reporting widespread influenza activity at this time. Any reports of widespread influenza activity in August are very unusual. New frequently asked questions and answers about H1N1 influenza vaccines may be found at, http://www.cdc.gov/h1n1flu/vaccination/public/vaccination_qa_pub.htm

SHS reports 0 diagnosed ILIs in health services, per 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.