



Student Health Services

PROMOTING HEALTH & WELLNESS

204 University Blvd

843-349-6543

University Health Advisory
(September 14, 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 30, 2009, the 2008-09 influenza season closed out. This season, CDC and states will continue surveillance for flu-related hospitalizations and deaths, but state reporting guidelines have been modified to include all influenza and pneumonia-associated hospitalizations and deaths and not just those due to H1N1. Based upon these new reporting guidelines, CDC reports 1,380 hospitalizations and 196 deaths associated with influenza virus infection(August 30-September 5, 2009).

On September 11, 2009, CDC reports eleven states (Alaska, Arizona, Florida, Georgia, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, and Tennessee) and Guam are reporting widespread influenza activity at this time. Any reports of widespread influenza activity in August and September are very unusual. Almost all of the influenza viruses identified were the H1N1 influenza A viruses; the virus remains susceptible to Tamiflu and Relenza with rare exception.

SHS reports 0 diagnosed influenza-like illnesses (ILI) 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.