



Student Health Services

PROMOTING HEALTH & WELLNESS

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University Health Advisory
(September 28, 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:

CDC reports from August 30 – September 19, 2009 there have been 10,082 hospitalizations and 936 deaths associated with influenza virus infection, based upon new reporting guidelines.

On September 26, 2009, CDC reports twenty-six states (Alabama, Alaska, Arizona, Arkansas, California, Colorado, Delaware, Florida, Georgia, Illinois, Kansas, Kentucky, Louisiana, Maryland, Minnesota, Mississippi, Nevada, New Mexico, North Carolina, Oklahoma, Pennsylvania, South Carolina, Texas, Tennessee, Virginia and Washington) 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.

CDC Updates of Interest:

Use of Antiviral Medicines for the Treatment and Prevention of Flu among Pregnant Women,

http://www.cdc.gov/H1N1flu/pregnancy/antiviral_pregnant_ga.htm

Brochure: 2009 H1N1 Flu and You, <http://www.cdc.gov/h1n1flu/flyers.htm>

Questions and Answers Novel H1N1 Influenza Vaccine,

http://www.cdc.gov/h1n1flu/vaccination/public/vaccination_ga_pub.htm

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:

- Get your seasonal and H1N1 vaccinations.
- 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.