

University Health Advisory
(September 7, 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 September 4, 2009, CDC advised most state health officials are reporting regional or sporadic influenza activity. Six states (Alabama, Alaska, Florida, Georgia, Mississippi, and South Carolina) and Puerto Rico are reporting widespread influenza activity at this time. 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:**

Podcast: 2009 H1N1 ACIP Vaccination Recommendations,

<http://www2a.cdc.gov/podcasts/player.asp?f=14197>

Podcast: Novel H1N1 Flu and HIV-Infected Adults and Adolescents,

<http://www2a.cdc.gov/podcasts/player.asp?f=14199>

2009 H1N1 Influenza Vaccine and Pregnant Women,

http://www.cdc.gov/H1N1flu/vaccination/pregnant_qa.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:

- 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.